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# Savvy Times



Welcome to the Journey! Issue 21, November 2008

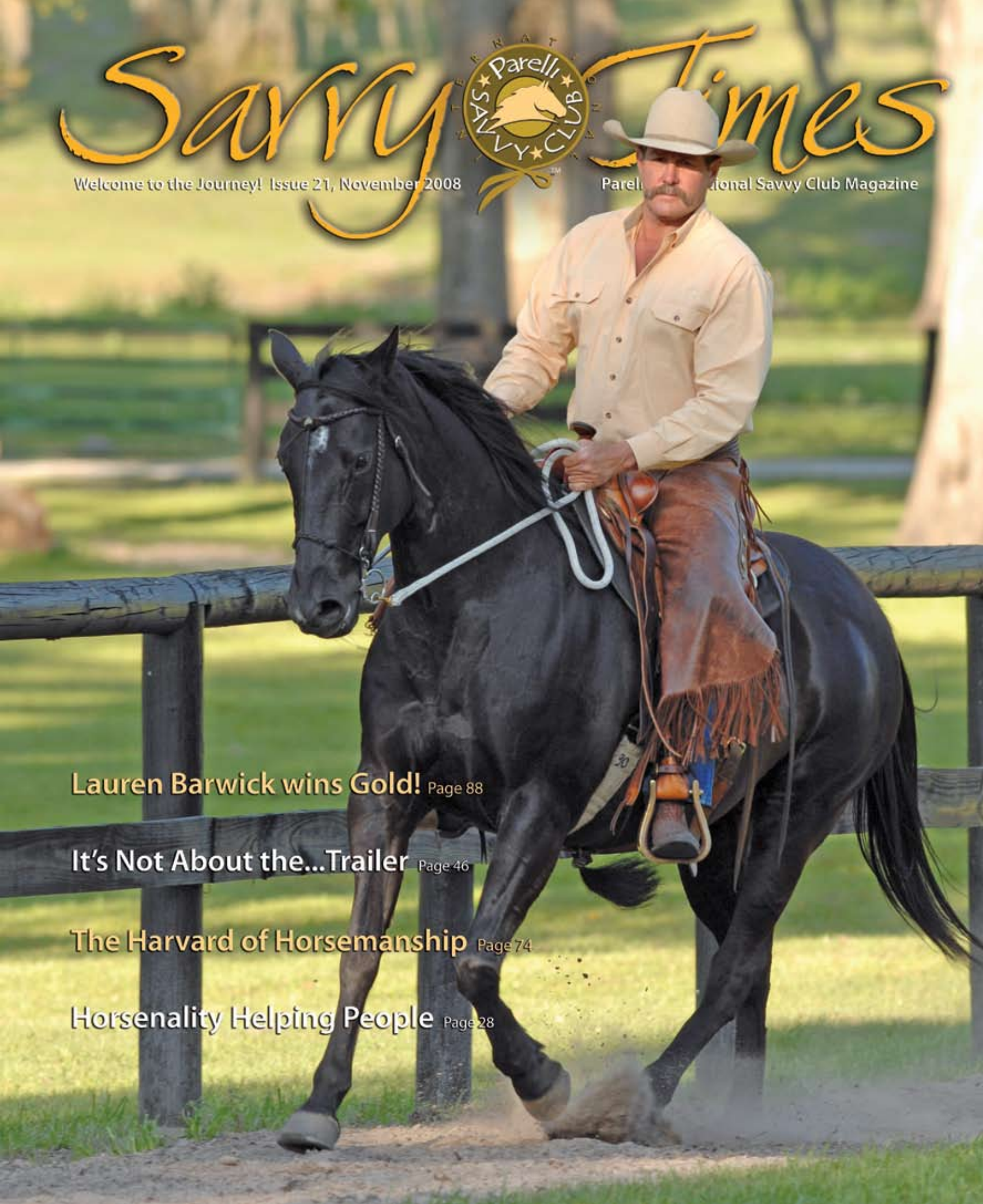
Parelli National Savvy Club Magazine

**Lauren Barwick wins Gold!** Page 88

**It's Not About the...Trailer** Page 46

**The Harvard of Horsemanship** Page 74

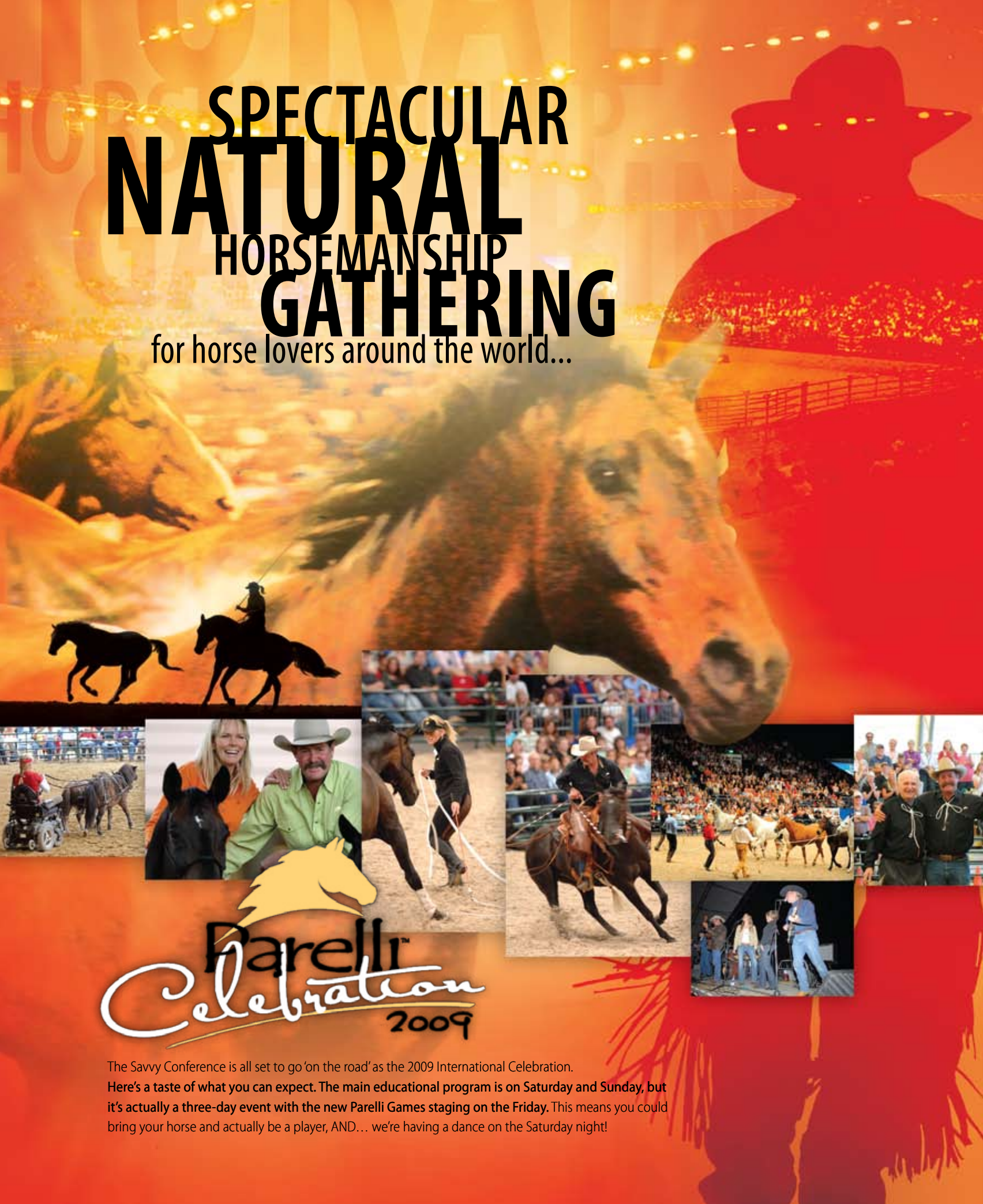
**Horsenality Helping People** Page 28





# SPECTACULAR NATURAL HORSEMANSHIP GATHERING

for horse lovers around the world...



  
**Parelli**  
*Celebration*  
2009

The Savvy Conference is all set to go 'on the road' as the 2009 International Celebration.

Here's a taste of what you can expect. The main educational program is on Saturday and Sunday, but it's actually a three-day event with the new Parelli Games staging on the Friday. This means you could bring your horse and actually be a player, AND... we're having a dance on the Saturday night!



# THE HOT LINE UP – USA\*

1. Pat Parelli will take a horse over a riveting three-day development program (starting late on Friday afternoon). Rather than just solving a problem, you'll see what the steps are from ground to riding. And guess what? **The Humane Society of the United States will provide Pat with a "rescue" horse to work with at each of the events in the US.** (We'll be doing the same kind of thing at the UK and Australia events too). What a wonderful way to look at re-homing horses and especially to show that rescue horses are not wrecks but horses who may have been mistreated and/or neglected and are looking for loving and savvy homes. The HSUS is working together with us to promote humane horsemanship and successful horse-human relationships that are built on love and understanding. HUGE.

2. Linda Parelli will bring both her horses: Remmer and Allure, to **take your understanding of Horsenality to the next level** by graphically illustrating the difference between extroverts and introverts and teaching you how to approach them so you can be more successful... especially at liberty.

*\*PLEASE NOTE: The full USA program and the UK-Europe and Australia versions of the Celebration program will be posted soon.*

3. **Walter Zettl will coach Linda in a personal dressage lesson on Remmer!** Listen to his powerful message, watch and learn as he takes Linda's Level 4 Finesse and amps it up. This is proof that dressage can be done naturally and that the Parelli Program is the ideal foundation for performance, producing confident and exuberant horses and savvy riders who are really ready. This may be your only opportunity to see Walter Zettl in person.

4. Pat Parelli coaches his top riders in the Four Savvys **giving you information, ideas and inspiration to keep getting your better best.** It's always incredible watching Pat in action but his real message is that YOU can do this. That's why he's show-casing students. You'll see our newest Level 4 graduates, Amy and Emily in action too. They brought the house down in Pagosa!

5. **Lauren Barwick will perform her gold medal-winning ride at the Beijing Para-Olympics** with her super partner, Maile. You don't want to miss this! She's a major Parelli success story and an inspiration to us all.



## THE PARELLI GAMES

On the Friday, Parelli students can participate in a segment of the Parelli Games we call "The Savvy Spotlight". It's based on a combination of the new Levels Auditions and the Savvy Team concept you already know and invites individuals, pairs and teams to apply. Participants will bring their horses and board them over the weekend of the entire show... some of them will actually get to perform on Saturday and Sunday in the main arena as well. **Start thinking of what you and your friends can do to show your savvy and relationship with your horse, and 'compete' in the most natural competition ever that has no losers!** This is the first expose of Pat Parelli's plan to change industry standards and bring out the positive in horses and people in competition. Stay tuned for more details coming soon.



# TICKETS ON SALE NOW

Seating is limited and varies according to the venue so please take advantage of the super early bird that's open until December 31st (or before for venues that are sold out), get your tickets and don't miss out. Look out for the VIP and VIP-GOLD options too, and Savvy Club Lifetime members are automatically VIP-GOLD (call our office to get your tickets)!

*Australia students* – you can get your tickets now too, and hurry because tickets sold out very quickly for our Sydney event last year.

*UK students* – once again tickets will be through the NEC (not Parelli) and go on sale in April '09 for a November Celebration.

Here's to celebrating horses and the future... naturally.  
We can't wait to see you there!



Visit [www.parelli.com](http://www.parelli.com) for details and to learn more about special offers only for Savvy Club members!



## 2009 CELEBRATION SCHEDULE

Franklin, TN | Jan. 30–Feb. 1  
Sydney, Australia | Mar. 13–15  
Harrisburg, PA | Apr. 17–19

Reno, NV | May 15–17  
Madison, WI | June 5–7  
Kansas City, MO | July 24–26

Fort Worth, TX | Sept. 25–27  
Lakeland, FL | Oct. 9–11  
Birmingham, England | Nov. 20–22





# Savvy Times

ISSUE 21 | NOVEMBER 2008

## FEATURES

### 5 | Dear Friends

Read further thoughts from Linda on the Parelli Patterns, and get all the news on the fabulous international experience that was the U.K. Celebration. Then a full recap of the inspiring 2008 Savvy Conference in Pagosa Springs, with hints about the plan to take the excitement of Savvy Conference on the road in 2009!

### 13 | Nate Bowers

Exciting news for students awaiting a driving program! The natural driving program developed by the late Steve Bowers is being carried into a new generation by his son, Nate Bowers. Learn why Pat has chosen the Bowers program as the recommended driving resource for Parelli students.

### 34 | Parelli Levels

Measurement is critical to mastery. Where are you in comparison to where you want to go? Learn about the new assessment method to test your level in all Four Savvys, using self-assessment and auditions for Four Savvys at four levels!

### 85 | Jerry Williams

What does it mean to put the relationship first? Jerry Williams says it was time, interaction and commitment that changed his relationship with his bay gelding Kahn. "Just because we 'own' a horse," Jerry explains, "does not mean we have a relationship with him."

## SAVVY COMMUNITY

- 16 | Global Community
- 18 | Activity Group
- 22 | Parelli TV
- 24 | Alejandra Gonzalez
- 26 | Readers Write
- 28 | Horses for the Spirit
- 30 | The Gift of Refinement

## KNOWLEDGE

- 38 | Spot the Savvy
- 40 | Pat's Challenge
- 42 | Junior Savvy
- 44 | How to Make: A Question Box
- 46 | Problem Solving
- 52 | Horse Health: Colic
- 56 | Fluidity in Finesse
- 60 | Q&A's

## IN EVERY ISSUE

- 62 | No Matter Where We Go
- 65 | Savvy Club Update
- 68 | Pat's Performance Barn

## PARELLI LIVE

- 70 | NEC Celebration
- 74 | The Harvard of Horsemanship
- 78 | Hey—My Horse Likes Me
- 82 | Meet Pat's Super Horses

## JOURNEYS

- 88 | Lauren's Journey
- 90 | Atwood
- 92 | Linda's Journey
- 94 | Level 2 Journey: Part 16

On the Cover:  
Pat Parelli and Magic





*It's not about disposable horses...*

*It's about relationships for life.*

*It's not about quick fixes and artificial aids...*

*It's about savvy—true understanding and expertise.*

*It's not about winning and others losing... It's about win-win:*

*you and the horse need to feel good about it.*

*It's not about me me me... It's about changing the world  
for horses, becoming a person of knowledge and influence,  
and sharing what you know.*

*It's not about fear and doubt... It's about unconditional love  
and trust. Love for the empowerment of others;  
and trust that you'll never ask the horse to do something  
that would hurt or diminish his dignity.*



Reveal your horse. Discover your potential. Live your dream.



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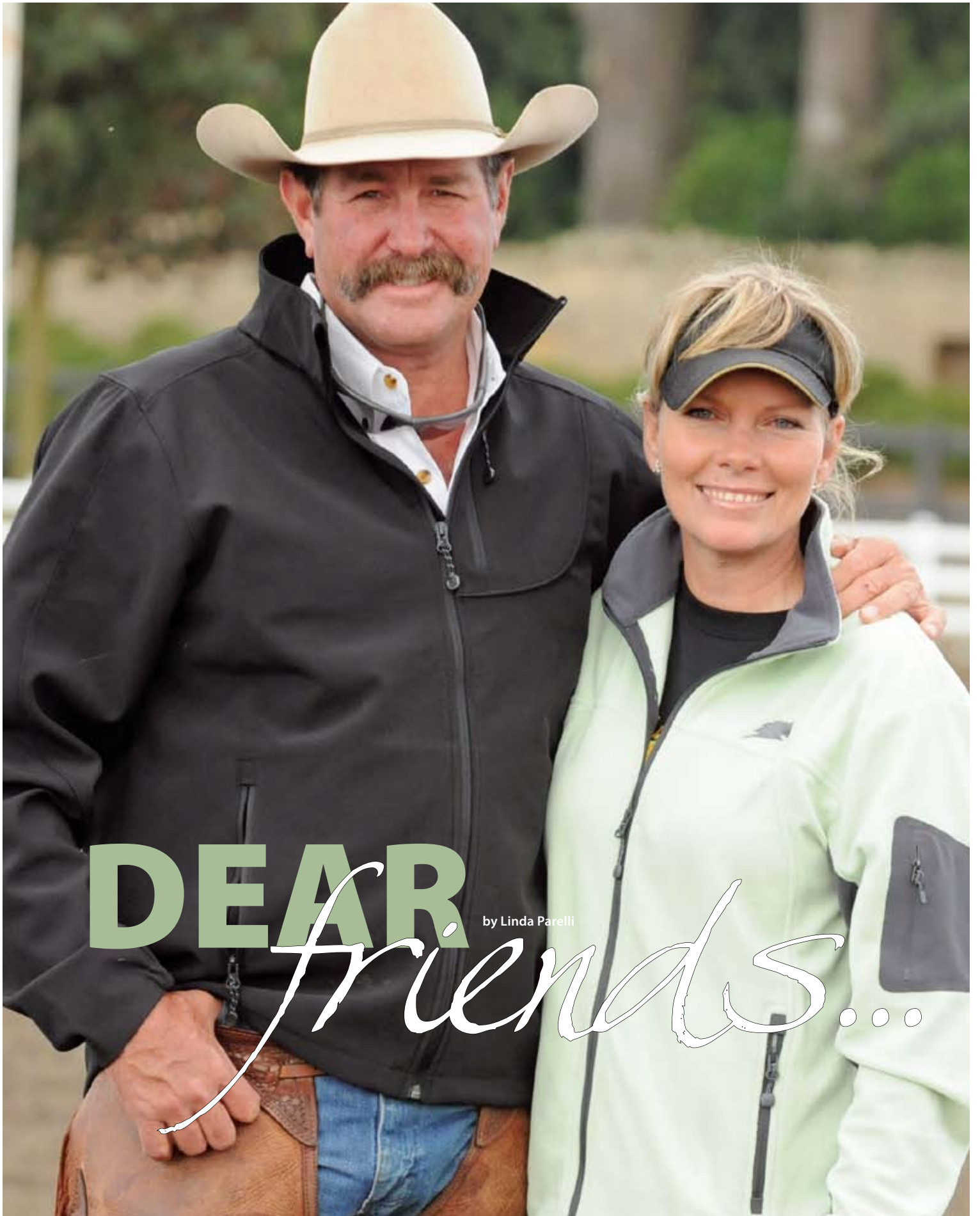
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DEAR

by Linda Parelli

*friends...*

***Lots has happened since I last wrote to you...we launched the Parelli Patterns at our huge event in England (The Celebration), had our "last" Savvy Conference in Pagosa, saw big developments for Savvy Club members, experienced lots of personal growth (as always!), not to mention some new courses and options at the Parelli Centers, and we met some pretty cool people along the way.***

### **Parelli Patterns**

I'm not going to say much here because I've already said so much, but if you have trouble with leadership, are not sure what to do every day with your horse, want to make progress in any of the Four Savvys, have a horse that gets bored or one that needs more direction, or are frustrated with your lack of progress, then the Patterns are your answer. Simple as that. This is the blueprint that Pat Parelli uses to develop his own horses, step by step and level by level, only he's got it tattooed on the back of his eyelids. He's done it for so long that he knows exactly what pattern to use when and when to progress. What we've done is to make it simple for you to follow. And getting it simple was not easy!

We've become known for giving lots of information and theory, so by comparison, this product is quite different—it's a *doing* thing; you *do* the patterns. There's nothing to study or think about; just get to know what the Pattern is, see what to do at your Level and then just *do* it. As you check off each session you have the satisfaction of seeing your progress, and each day you get to choose which Savvy you want to play with and just pick up where you left off on that chart.

I'm sure you've read some of the testimonials we've received from people after just five sessions. They can't believe the changes in their horses (of every Horsenality™). Well, this is because they are doing what Pat Parelli would be doing! I've had some "what if" questions for troubleshooting, but the fact is that if you learn the Seven Games and Horsenality, then start the On Line Patterns and go on from there, you shouldn't have problems! Most problems come about because of bored horses or lack of leadership, and the Patterns take care of both of these. Since the release of the Patterns there have been fewer and fewer people asking for help, which is a great sign—it's about as big a breakthrough as Horsenality was when we launched it. Now you

can read horses better and have a pure development pathway so you can continuously improve your skills. It actually even helped me with Remmer at Level 4/5 and Allure at Level 2/3.

### **U.K.—Huge!**

Our second Celebration in England drew people from all over Europe, not to mention those who came from the U.S. and even Australia, South Africa and Dubai! There were just under six thousand horse-loving Parelli enthusiasts, and the air was electric. I thought last year was big—this was almost overwhelming in its intensity. Thank you to every one of you who made it that way.

We flew three horses over for the event: Magic, Aspen and Remmer. Once again they were troupers, taking it all in their stride, and they were in good form as soon as we got there.

In the week leading up to the event we spent four days with our European instructors and got to see them with their horses. That was a treat for all concerned, because we usually see them in the U.S. for courses, but without their horses. It was like watching a super Savvy Team all week, peppered with interesting discussions and sessions with Pat.

### ***Lights, camera, action! Pat, Aspen, Remmer and I ran through the smoke and into a brightly lit arena...***

The office was in full swing getting ready for the event, and on Friday our horses shipped to the NEC (only thirty minutes from Stoneleigh Park), and we followed suit. As always, the team had outdone themselves. The display looked fantastic, and the staff and volunteers had pretty much finished everything and were ready for the big day that was set to start early. After playing with our horses in the spectacular arena, it was time for the Savvy Team to play and





for Pat to help put the final sessions together with them. Even I didn't know quite what was in store.

Lights, camera, action! Pat, Aspen, Remmer and I ran through the smoke and into a brightly lit arena surrounded by six thousand cheering and clapping horse lovers. The show had begun. After a short hello, Remmer and I left the arena to Pat, who explained what the Four Savvys were about and demonstrated it all with Aspen, finishing with the jumprope, bridgeless, at the canter, over jumps and backward! Next, enter the problem horse. Shooey was a lovely Warmblood jumper who was getting very hard to control. He was sporting a cut mouth from pulling so much at his last event that he couldn't wear a bit, and he was in a mechanical hackamore instead. His owner rode around on a very tense horse who was actually doing quite well with the crowd.

Unlike most of Pat's demos with difficult horses, he kept the rider on and started giving her things to do (Patterns) until pretty soon her reins were getting looser as the horse became more relaxed. Then he gave her a Carrot Stick, and she was doing the Figure-8 pattern and hardly using her reins. At one point Pat asked her how well her horse turned and stopped and at the same time said, "Can you stop like this?" as he went from a canter to a screeching halt without touching the reins, and "Can you turn him like this?" as he churned out a dizzying spin. We all laughed and at the same time questioned our own ability to do that!!

Then Pat asked if he could ride the horse. He took off the hackamore, replaced it with the halter and 12-foot Line and stepped on. Within minutes the horse looked completely different. His head lowered; he got a swing to his step; his expression brightened. He relaxed so quickly, it was fantastic to watch. And Pat never missed a beat, talking to the crowd, espousing leadership and a more natural approach to build confidence.

After the break it was my turn, and the subject was happy horses. How do you know if your horse is happy? I talked about Horsenalties first and said that if your horse was scared, distrustful, bored or naughty, he really cannot be happy. With Remmer's help I showed the transformation from Left-Brain Introvert to a horse that was calm,







Clockwise from top left: Caton Parelli and Aspen; Amy Book with Nova and Casanova; Amy and Prince; Nate Bowers with Thunder and Lightning; Amy Book and Emily Thompson after receiving their Level 4 Black Strings!





trusting, motivated and obedient—and Remmer was super. He plays himself so well—dull and disinterested until I do all the right things to motivate him. No matter what Horsenality (or combination there of) your horse is, if you keep these goals in mind (calm, trusting, motivated and obedient), you can quickly switch your approach if one of them goes missing. We also gave out the Happy Horse Quiz; go to the Savvy Club website, download your own copy and see how you rate.

The day ended with The Magic of Liberty. Pat and his super Savvy Team brought the house down with some spectacular displays of horsemanship and theater, leaving no doubt that Parelli is indeed all about the relationship, Four Savvys and never-ending self-improvement. The crowd literally erupted, and that signaled the close of day one.

Day two again started early for many as people got together with friends or shopped until they dropped. Then Pat was center stage with an extremely scared horse on the subject of building bravery. Watching him with this Right-Brain Extrovert was riveting as he used a combination of pattern-interrupt, thresholds, patterns and patience. Although Dennis was supposed to be a jumper, he was terrified of everything, not just jumps. Getting his confidence with the big green ball was the breakthrough, but just watching Pat take the time it took to help him was worth the entry fee. What an inspiration. Pretty soon the jumps, the tarp, the ball and the trailer were all spooks of the past, and once again we all watched a horse transform in the hands of a master. And to top it all off, Dennis is now in our camp, so we hope you'll see him at one of the next Celebrations as part of the UK Savvy Team!

In my session I decided to have Amy Book ride Remmer instead of riding him myself so I could give her a Finesse lesson that everyone could learn from (some of you have seen that in our recent shows here in the U.S., too!). I felt that I could point things out better when I was watching and show how naturally the Finesse Patterns help collect a horse. Amy did a wonderful job, despite being terribly nervous before she came in, and she and Remmer brought the house down. It was almost more fun than me riding him myself!

The grand finale was entitled The Four Savvys, and Pat had a wonderful lineup of demonstrations with his Savvy Team so he could show how each Savvy built to high levels and how much fun you could have at the same time. It was a dramatic and emotional finish, and over all too soon. But we'll be back next year!

Our horses and team arrived back in Pagosa safe and sound, and then our focus turned to our next major event, the Savvy Conference.

### The "Last" Pagosa Savvy Conference

Oh, my gosh, we had no idea how sad we would feel, not to mention everyone else who was there! But it had to happen. As

you know, we're all about progress, and there were two things that concerned us very much:

1. Only 1,500 people can come to Pagosa (tickets were sold out by January!). That means that thousands of people couldn't get in to our most exciting event in the U.S.
2. For all the thousands of miles that people travel to be there, we need to do something bigger in terms of education—something between the existing Savvy Conference and the Courses at the Parelli Center.

So we're cooking up something really big . . . stay tuned. In the meantime, we're taking the Savvy Conference on the road for 2009 to make it more accessible to *all* of our members and their friends. There will be seven locations in the U.S., one in the U.K. and one in Australia, which is very exciting. . . and we're calling them Celebrations, because they will combine the best of the Savvy Conference with a whole new segment that will allow members to bring their own horses. Stay tuned for more details soon!

At the 2008 Conference we had themes for each day. Day one was On Line & Liberty. It started with Pat showing some of the On Line & Liberty Patterns side by side, because the big message here is "On Line leads to Liberty." Then he brought in some of his super team to show how much fun you can have with pairs and group challenges. It ended with a fabulous Liberty and long lines demonstration from Amy Book and her horse Prince, who has been her partner from Level 1 up.

Next up was my session on Introverts & Extroverts at Liberty, starring—you guessed it—Remmer and Allure. I started with Allure to show how an extrovert needs to use his energy before he can think. Once I had that, I could take him to the round corral. When Remmer came in, of course, it was the opposite. The introvert is more of a thinker, so to get him running around before going into the round corral is not a good idea at all. He needs things to go slowly and get to his mind, and then his body comes alive. I tried to simplify things so you could see the difference as plain as day: movers and thinkers. The mover has to move before he can think, and the thinker has to think before he can move. At the end I played Stick to Me with the two of them together, a difficult thing to do with such different Horsenalities, but it worked out just great. (Leak: As a result of the great response to this, we will take this session on the road for the Celebrations.)

The afternoon offered a taste of the brand-new Parelli Games and lots of things to move about and see and do, such as a Q & A Forum and the mini-course experiences, so you could get a taste of the things we do at the Parelli Centers. (Again, we'll be taking this on the road!)

The final session was about Early Learning, and the audience got to meet Casanova, the handsome and cocky Left-Brain Introvert son of our Andalusian X mare, Nova, by the Selle Francais stallion Juan





Above and Below: Kalley Krickeberg and JJ with the Atwood Yearlings.



Valdez. Amy rode Nova, and Casanova had fun with the whole situation. After that Kalley Krickeberg played with four Atwood yearlings and brought the crowd to its feet when she kicked it up a notch by playing with them all at Liberty! Just when we thought things couldn't be better than what she did last year, it started out looking the same, and suddenly the halters were off and the four youngsters were pinned to her side as she rode JJ around, stepped on tarps, etc. Then she got off and drew them all as a little herd and loaded them all into the trailer. Stupendous!

Day two's theme was Freestyle & Finesse. Once again Pat showed how Freestyle leads to Finesse, and Pat's son Caton did a great job demonstrating the Freestyle Patterns. He knows them like the back of his hand because riding with his dad means he has done them every day for years and years! After that, Amy and Emily (Thompson) came in and did a pairs Finesse demonstration to music, Emily riding her black Arabian horse, Porsche, and Amy riding Magic. Not only was it beautiful to watch, but they had come up with it only twenty minutes before (yes, Pat surprised them!), and as they finished the first song to a piaffe in unison Pat came in and presented them with a black string each to proclaim their Level 4! That makes them the youngest to have achieved this level in Parelli. Amy is 20 years old, and Emily is 19 years old. Not a dry eye in the house, and the standing ovation went on forever.

Next, a lesson with Walter Zettl! We were blessed to have Walter Zettl and his wife Heide join us for this conference, and he agreed to give me a lesson on Remmer for everyone to watch. (We're excited to announce that Walter will come on the road with us in 2009, too.) For the first time in a long, long time I actually felt nervous. On reflection, I think this was because you've all heard so much about the lessons I've been taking, and I didn't want to disappoint anyone. Well, thanks to Walter and Remmer, there was no disappointment. In fact, I had some of the best extensions ever, and that's been a hard one for me to learn. Walter gave an inspiring talk about how sad he is with the direction of modern dressage but how excited he is about Parelli. He told us how wonderful it is to work with Parelli people, because he never has to tell them to get softer, and the relationship we have with our horses is what he used to have with his own horses. *Dressage Today* asked him to write a report on his experience of the Parelli Savvy Conference, so look out for that. We'll tell you when it's going to happen in eNews.

After more sessions of the Parelli Games, forums and mini-course experiences came the moment we'd all been waiting for. Pat gave us a taste of what the new Levels Auditions look like. We watched as he asked students to perform in different Savvys and then graded what they were doing for everyone to hear. It was fantastic, and I was told over and over how motivating it was for someone who thought they were Level 2 to hear that much of what they were showing was

actually Level 3! We are so excited about this new concept for official Levels testing—it's really going to take a lot of the pressure off both the assessor and the assessee, making it more fun and allowing you to show us more of the relationship you have with your horse.

The BBQ, the dance, Tim's great band and, of course, Dancing Pete, with a new Seven Games line dance, took the event into the wee hours until finally sanity prevailed and we got some sleep to prepare for the final day.

***We used the Follow the Rail Pattern and were cheering and rewarding him with his favorite scratches when he reluctantly took just a few steps.***

Sunday was another stunning fall morning in Pagosa Springs, Colorado, and after the Cowboy Church with Tony Shoulders, and the Savvy Team fun, the first order of the day was to record our Christmas message for RFDTV. We drove in with Thunder and Lightning as everyone sang "We Wish You a Merry Christmas." It felt like an odd thing to do in September, but when it goes to air it will be just right! Then it was on with the show!

My session was first—Transformations through Patterns. Kathy Baar volunteered her new young Thoroughbred, a nice Left-Brain Extrovert who was not very balanced at the canter, and Avery Gauthier brought her young American Baskir Curly, an extreme Left-Brain Introvert who was great on the trail but just awful in the arena. We started with the extrovert, who became quite Right-Brain in front of the crowd. He'd never seen that before. So we addressed the horse that showed up and used the Question Box Pattern, although we couldn't use the whole thing because we had to use the one circle to get him calm. He was brace, distracted and frantic, so I had Kathy mirror him, yet keep him on the circle. Before long he settled down, and we had a lovely, relaxed trot. And that's when we quit, because that was not a good time to work on the canter, but a great demonstration of how to use the Patterns and strategies to calm a horse.

Next it was Avery with "A Hug", and he was an absolute scream! What a character. Right off the bat we could see he was the opposite of Kathy's horse. He was definitely a thinker and not a mover. We used the Follow the Rail Pattern and were cheering and rewarding him with his favorite scratches when he reluctantly took just a few steps. Avery had showed us what happens when she "makes" him go—his ears were back, and he bucked and got progressively more defiant. But once we used the psychology for the Left-Brain Introvert combined with the brilliance of the Patterns, he soon had a smile on his face and was happily trotting down the fence. I love this stuff!

Another round of the revolutionary Parelli Games, saddle makeover and mini-course experiences, and the final session of the Pagosa Savvy Conference began with a forum fronted by Pat and our presi-

dent and partner, Mark Weiler. We knew there was a lot of emotion, with the feeling that this was the last Conference in Pagosa—one that many people planned their vacations around and held great anticipation for as a reunion with friends. Because of this, we have compiled many of the suggestions along with the plans we already had for the future, and will be sharing this in due course. Sorry to hold out on you, but change is rarely convenient, and kicking it up a notch and moving into the future takes a lot of thought. Certainly it will be very, very different, because taking the Conference on the road as the new Celebrations is the most important step right now for making things more accessible for you.

The forum finished, and we became focused on all Four Savvys, the secret of Parelli. Pat talked passionately of the importance of keeping these in balance. Getting over-focused creates all kinds of problems for horses and riders, but learning how to be with horses on the ground and on their backs, with or without lines and reins, is what's changing the world of horsemanship. We saw Nate Bowers driving horses, Amy in a carriage driving Zeus, the minis, Jena, Emily and Brian riding Freestyle and having a ball. The whole focus was on how much you can do by yourself and with friends in each Savvy when you have—well—savvy! It's hard to tell you what Pat said without repeating much of what you know, but this session was quite philosophical.

***One coach relented and then was most admiring of what Lauren had achieved without someone else training her horse!***

### **Lauren Wins Gold in Beijing!**

This was a thrilling result, with some incredible challenges in the final six months. River (our horse) had a developing lameness, with her hocks fusing, so at the last minute we had to retire her from the campaign. Lauren found a lovely horse, Maile, who looked and worked great; but when she arrived at our place she was found to have stridghalt. That was very scary, because we thought she might get vetted out on that. Luckily, it's not considered lameness, so Lauren began playing with her in earnest, developing her other savvys and honing the Finesse and dressage. Suddenly the quarantine regulations were changed to two months, so off they went to Canada. Thus they could no longer work with Pat and Walter Zettl.

Soldiering on, Lauren met with conflict in the team, in the vein of wanting to "train" Maile and tune her up. Lauren was upset, and Pat said no—no one rides Maile except Lauren. One coach relented and then was most admiring of what Lauren had achieved without someone else training her horse! Then another setback: Lauren had sores that prevented her from riding for a month. But thanks to the



Lauren Barwick

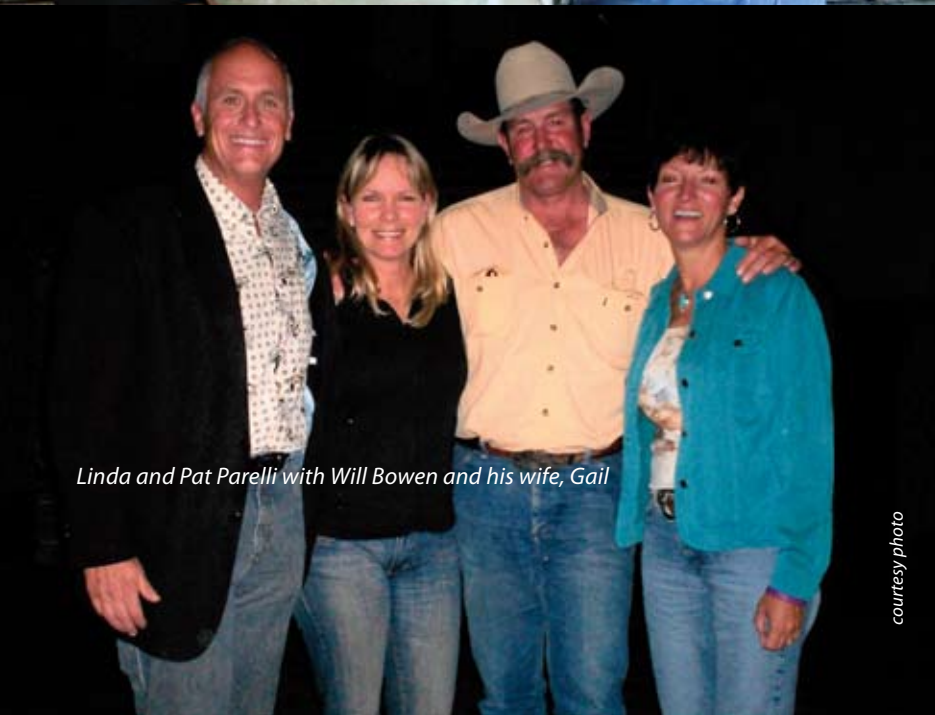


courtesy photo

Pat with daughter Marlene,  
and granddaughters Angelina and Ellora



Linda and Pat Parelli with Will Bowen and his wife, Gail



courtesy photo

Parelli program, she could keep things moving forward on the ground with Maile.

Off they went to Hong Kong, and just days before the Olympic competition Maile came down with shipping fever. There was doubt that she'd recover in time. Literally the day before the cutoff, Maile recovered, and she and Lauren went on to win individual silver and gold medals.

To say we are proud of Lauren is an understatement. And there are a lot of people within our company as well as outside who helped her get there, including Susan and Bill Casner (WinStar Farms), who pledged \$1,000 a month for the past two years to support Lauren.

If nothing else, Lauren should get a medal for her focus and courage through all of this—and maybe that's really what that gold is all about. We look forward to a big article from Lauren in the February Savvy Times!

In closing, we have to remember what it is we are trying to do. Yes, as individuals we are bent on never-ending self-improvement, but as an even bigger goal we're changing the face of horsemanship all over the world. And we're changing it *together*. Every single one of you is an example of how things could be and should be, and without saying a word we are putting positive pressure on those who are not putting the relationship first. As we go forward from here our Savvy Club is our number-one focus, so we are upgrading the Savvy Club site, making it much more informative and setting it up to be a huge resource for you (education, video clips, questions, problems, answers, community) and to be a place where you can record your achievements on many levels. Each month Pat and I will send you lessons on DVD to teach you the things that are important and interesting details about horsemanship at Level 1/2 and Level 3/4. There is a lot coming your way, and we're glad you're part of the club.

We look forward to seeing you at the Celebrations next year, and some of you with your horses for the Parelli Games!

Stay savvy and keep it natural,  
Linda

*SPECIAL NOTE: Details of the revolutionary Parelli Games are coming soon. See how Pat Parelli is going to create the new game in town—one that puts the relationship first, has Four Savvys and encourages never-ending self-improvement. It will achieve the opposite of traditional competition by rewarding everyone at his or her level of accomplishment, and in so doing encourage good principles, absence of force and non-predatory behavior at competitions.*



by Terra N. K. Pugh

# NATE *Bowers*

Carrying on His Father's Vision





by Terra N. K. Pugh

***In 1898, delegates from across the globe gathered in New York City for the world's first international urban planning conference. One topic dominated the discussion. It was not housing, land use, economic development, or infrastructure. The delegates were driven to desperation by horse manure.***

***—Eric Morris (“From Horse Power to Horsepower”)***

The earliest known evidence of driving horses dates to circa 2000 B.C.; it was a foundation of the past. “But by the late 1800s, the problem of horse pollution had reached unprecedented heights. The growth in the horse population was outstripping even the rapid rise in the number of human city dwellers. . . . In 1894, the *Times of London* estimated that every street in the city would be buried nine feet deep in horse manure.”<sup>1</sup> This gave rise to the development of horsepower, or cars.

Thanks to horse manure, in this day and age, the practice of driving horses is no longer a necessity to horsemanship; it is a form of specialization. The practice and application of driving is not for dabblers. It’s an art, a science—and it is dangerous. You owe it to your horse and yourself to be well versed. Steve Bowers, a master of natural driving, believed that: “Naturally trained horses usually belong to owners

who care enough about their horses that they know more than most about harnessing, hitching, and driving. Superficial knowledge of the driving subject is not good enough for someone who cares a lot about the comfort and safety of their horse.” It’s no secret that Pat has wanted to create a Parelli Driving Program. Steve Bowers’ driving program wasn’t normal, and it wasn’t common. Steve and Pat spent a lot of time playing with driving concepts together. The principles and goals of the Bowers program and the Parelli program lined up perfectly. However, on June 1, 2007, Steve died suddenly from a brain aneurysm, leaving Bowers’ farm and its natural driving program in the hands of his son Nate.

“I trained horses a lot. I followed my dad around from seventh grade until about a year ago,” says Nate. The Bowers developed their training program with the concepts of natural driving and with a

clear mission: "My mission is to show people how to think like a good trainer. A good trainer sees the tremendous potential in every animal and human that was created. 'Bad' behavior is not seen as purposeless, but as strong communication that the subject doesn't feel right about how he or she has been related to. . . Skillful use of reinforcement requires the use of timing at a level of sensitivity that most people are completely incapable of, at first. He or she expects good results and is always ready to reinforce the subject when it makes positive decisions, not inclined to force compliance with irrelevant techniques. A good trainer is principle-oriented, not goal-oriented.

"We do natural training," says Nate. "Most people break horses. There's not much training." The Bowers driving program is revolutionary. Before his passing, Steve wrote, "Many trainers of draft and driving horses use a method of training that is more correctly called 'breaking.' In this method, the subject is hurried to being hitched so that the subject's greatest-ever rebellion is provoked. Horses that don't like this system of being broke are dealt with by harsh restraints and long hours of day after day hard work until they give up. A major problem with most broke horses is that they move forward because of fear. Fear is what gets the work done—it's what keeps horses forging ahead with pressure on the reins hour after hour. If you give a broke horse a couple of days off from work, you usually find that the horse has recovered enough the next time you hitch that it is much more difficult to hold. An alternative reason for a horse to move for-

ward is because of respect for the trainer/driver. Causing movement by respect instead of by fear requires that the trainer know a lot of things about being a good trainer." The goal is to have a horse that is light on the reins, calm, confident, easy to handle and capable of having time off from work (without having to start over again). "The way my dad was with horses was the way that he was with people," says Nate. "That's just how we are."

This past summer Nate visited Pat's performance barn to share and discuss driving concepts. Pat was so impressed by Nate and his ability to carry on his father's work that he has asked Nate to help him develop the Parelli Driving Program. While this program will be a process at least five years in the making, Pat is confident in Nate's teaching and driving abilities.<sup>2</sup> Consequently, Pat and Linda have named Nate and the Bowers program as the recommended driving resource for Parelli students. As the philosopher Friedrich Nietzsche once said, "What was silent in the father speaks in the son, and often I found in the son the unveiled secret of the father." 🐾

<sup>1</sup> Morris, Eric, "From Horse Power to Horsepower," Access 30, Spring 2007, p. 2.

<sup>2</sup> For more information on the Bowers' Natural Driving program, please visit <http://www.bowersfarm.com/>. Please note that Pat and Linda recommend being Level 3 or higher before beginning any specialization training, including driving.



**Clockwise from top left:** Pat & Caton Parelli with Zeus; Nate & Lillian with Thunder & Lighting; Nate, Emily & Jena with Zeus; Lyndsey driving Barnum & Bailey.





# Global Community

*Reader submissions from around the world*

## United States

### Saving Each Other

Kindra Burt, Arkansas

My middle nephew, Aeron, took a great interest in caring for some rescued horses we had adopted. He made time to be there, brushing, hand-grazing and cleaning out the run-in shed. We were all a little shocked. Aeron had never taken an interest in anything, and he certainly never helped to do anything unless forced. He was diagnosed with Oppositional Defiance Disorder and had recently been in a mental health facility. He was still struggling with relationships. My sister was at a loss as to where to turn next. Nothing seemed to be helping, and the medication he was taking was making him sick. His only escape seemed to be the horses.

We were at the barn for only two months when I bought a beautiful Palomino mare we named Bailey for my husband to ride. The first time my husband rode her, she ran away with him. My husband now wanted nothing to do with that "crazy mare." In fact, many people mentioned that I should sell her before she hurt someone. They told me she needed a strong hand or a strong stick.

These comments were the same type of comments being made about my nephew. Family members would say that he just needed medication, a firmer hand and some tough love. Some even said he was hopeless and probably lost forever. It wasn't long before Aeron started to relate to Bailey and feel a connection with her.

Aeron came to live with us, and I started showing him how to play the Seven Games with Bailey. I was amazed to see Bailey so willing to do what he asked. It was obvious that she felt an equal connection

to him. Bailey stands at the corner of the pasture looking down the lane, watching for Aeron to come home from school. They spend a couple of hours a day together. Sometimes he just sits on her back while she grazes, or he rests beside her while she lies in the sun. He shares his thoughts, happy times and sad times with her. She gives him her undivided attention, love and respect.



Bailey is a Right-Brain Extrovert but is calm and confident most of the time now. Aeron has learned when he can ride her and when it just isn't a good idea. More importantly, he is beginning to take his newly acquired communication skills and use them in his human relationships. He has friends, is doing better in school and no longer takes any medication.

I often think of how we started out wanting to give Aeron a chance to be a boy and save a horse deemed "crazy." It turned out that the boy and the horse saved each other.

### The Language of Equus

Jordan Robinson, Age 13, North Carolina

We seek top performance from this beast,  
Without knowing or understanding the least.  
Heels down, toes in, kick to go is what we're taught,  
And we wonder why our horses never want to be caught.  
They're not nearly beasts, but four-legged prey,  
Born to avoid a predator's way.  
Perfect harmony is the number one goal,  
From Liberty, to Finesse, to bringing home the gold.  
The Left-Brain Extrovert loves to play,  
The Left-Brain Introvert could sleep all day,  
The Right-Brain Extrovert needs to be focused,  
The Right-Brain Introvert would rather not be noticed.  
These are the four main Horsenality™,  
And each requires its own Savvy.  
What we don't know *can* hurt us,  
When speaking the language of equus.

### How Proper Parelli Preparation Walked the Ramp to the Rachael Ray Talk Show

Lori Northrup, Arizona

The journey started when I purchased ZeBB, a ten-year-old zebra-donkey hybrid from a petting zoo. He was a headstrong bully, using frequent escapes and biting to communicate his displeasure. Now, three years later, he arrived in New York City after quietly loading onto a two-horse trailer he'd never seen before and traveling overnight with a nanny goat and her two kids.

After the trailer was backed down a steep ramp into an underground parking garage, he eyed the floor and then cautiously stepped out onto the slick painted-concrete surface. Being a Left-Brain Horsenality™, he enjoyed exploring the parking garage and hav-

ing his photo snapped by the security guards. The next challenge was when the huge freight elevator door opened and ZeBB was asked to step over the ominous gap onto the shiny floor of the elevator. A few approach-and-retreats later, he walked into the elevator, surrounded by production interns. Curious again, he enjoyed inspecting their clipboards and coffee cups.

Next he walked down a busy hallway into a waiting room until his stage call. The room, with all the walls painted black, had been prepared with a large, crinkly blue tarp spread to protect the floor: ZeBB's next test. Having practiced at home dragging a tarp around the arena in his teeth, he nosed it and walked forward onto it with no trepidation. Next we were summoned back down the shiny painted hallway into the production studio, backstage behind the studio audience, and told to stay very quiet. ZeBB's next challenge was to make his way to the stage. It was up a slippery ramp to the shiny hardwood floor of the studio, past crowds of production staff. After a couple of tries he neared the top of the ramp, only to have a near-disaster. Another animal slated for the show—an aardwolf (a type of hyena from Africa)—leapt toward him, snarling, with jaws snapping and his handler struggling to hold his harness. The wild zebra in ZeBB reacted quickly: "Escape back down the ramp!" The snarling aardwolf was hustled back into his cage. Rachael introduced the grand finale, our "special surprise animal." The production director motioned us to hurry up the ramp onto the stage, and ZeBB thought better of it.

A few tense moments ensued. The audience could hear hoofbeats up the ramp and then hoofbeats back off the ramp. But the approach-and-retreat worked again, and ZeBB made it onto the stage

to huge applause and bright lights. Thanks to Parelli Natural Horse-Man-Ship and prior preparation with trailers, tarps, Horsenality studies and pedestals, this moment was possible. A perfect gentleman, ZeBB enjoyed some forehead scratches from Rachael. The camera zoomed in on his magnificent stripes and his black Parelli halter, and he gave a small private lick-and-chew on tape.

## Australia

### Bonrook Station

Nicky Ripley, Northern Territory

Thanks, Fiona Darling, for traveling up to take us through five days of Level 3 Savvy development at Bonrook Station. What a fun time we all had, hardly even noticing that we were learning as we set our plans for the day and each exercise in an endeavor to track and improve our progress. Each day we built on what we had done, and of course there were never enough hours of daylight to do all that we wanted. We all made great improvements—humans and horses. As a newcomer to the group, I found it rewarding to have Fiona congratulate us as at Liberty we easily formed a horseshoe, and to remind everyone of the first Level 1 clinic, when doing that on 12-foot Lines was a difficult task. An added bonus during the five days was the small herd of brumbies that initially stopped a long way off to observe, then charged away. Gradually they turned curiosity into confidence, approaching and retreating as they felt safe, until the last day they came right in to sniff at our playground obstacles while we were on the other side, then ambled away to graze.







# Savvy Support

photos and article by The Bay Area Savvy Players

***Although it has only recently been added as the seventh key to success, the Bay Area Savvy Players (BASP) have long appreciated the value of support on their savvy journeys.***

In 1999, five women studying Parelli Natural Horsemanship formed a support group to share stories and help one another solve problems. First they held roving home meetings; then, as the group grew larger, they held meetings in a coffee shop. Next they tried a diner, and finally they found a permanent home in a local restaurant's back room for the monthly dinner meetings. Over the years the group has evolved into a formal Parelli study group serving the San Francisco Bay Area, with over 125 members, including several families.

Meetings always begin with a member reading the BASP mission statement:

***To challenge, encourage and inspire; to stretch our imaginations and ourselves; to stay focused on our Parelli Natural Horse-Man-Ship journey to a more harmonious partnership with our horses—and to have fun doing it!***

The monthly agenda varies and can include any number of elements, like small-group study activities, sharing of savvy moments, book reports, a savvy challenge (we're currently working on memorizing the 100-plus ingredients), a guest speaker, clinic reports and a review of upcoming events.

Another major benefit of BASP membership is the group's lending library. At the meetings members may choose from a collection of more than a hundred Parelli CDs, tapes, *Savvy Times* magazines, books, DVDs and educational packs gathered over the years. The library collection is stored in a member's home but is available to all through distribution of a library list and e-mailed checkout requests.

The real power of BASP is its monthly play days. On a rotating basis members volunteer to find a venue (we can rent several local arenas, and we're also fortunate enough to have some members willing to host us at their personal arenas), plan the games and organize the potluck meal. The potluck lunch is a play day highlight, providing





time to develop our human relationships. Our last play day broke the record for attendance with thirty-five members participating!

Play days often use mornings to practice principles on the ground and then put them to purpose in the afternoon with riding games. A good example of this was practicing the Friendly Game with a variety of very large balls in the morning and then spending the afternoon playing “cowboy soccer” on horseback. We often take for granted how calm our horses are in the face of exciting occurrences. The many challenges we have set up for ourselves at play days over the years have helped to make that difference. Few could do all that

setup at home for just one horse. Play days allow us to do it for a group of partnerships.

In recent years we’ve gathered all the play day game sheets we could find and organized them into a binder. Now even the newest savvy player can use the support of mentors through the binder to plan an outstanding and fun day.

Before someone brings a horse to a play day, we do ask that the human and the equine partner are playing all Seven Games successfully. This keeps everyone safe.

One day a member decided we should have a T-shirt with our own logo and the saying “Savvy is...” on the front, with the answer on the back. The BASP logo was approved by Linda, as it is a line drawing of her riding a flying lead change, bareback. Over the years we’ve added items and now have a variety of T-shirt designs, a denim shirt, a wind-breaker, clothing decals, an annual calendar and a handy thermal travel mug.

As the group grew we started our newsletter, *The Savvy Chronicles*, to keep everyone up on past and future BASP events. Since it is posted online, we can fill it with pictures from the year’s events and even include a section called “Meet the Savvy Players” with photos of members and their horse partners.

Bay Area Savvy Players also love to camp! We have two or three summer camps, with each drawing about thirty-five to forty people. Our main camp is a five-day instructional camp complete with nightly campfires, trail riding, group lessons from a Parelli-certified instructor and delicious catered meals. Formal instruction is provided in half-day segments for each level, depending on camp enrollment. We also offer less-structured camps devoted mainly to trail rides and just playing together. We always look for places where there are arenas and a variety of trails.

For all camps someone pre-rides the trails to mark trail maps with proper mileage and levels of difficulty. People often ride in informal groups, but there are also trail-ride sign-ups so that everyone can find a ride that suits him or her and no one is left behind. Depending on who comes and what skills they can share, we offer workshops at camp, such as how to use the photonic therapy “red light” or do





equine body work. Since camp wouldn't be camp without crafts, we've enjoyed many activities, from painting miniature metal buckets to use as centerpieces, to stenciling our horses with paint, to creating memorable horse and human camp remembrance photos. What would camp (or any of our events) be without photos? The record, set at one event, was over seven hundred digital photos, later sent to everyone on a CD. Truly a time for us all to just immerse ourselves in horsemanship and friends.

BASP participates in a variety of other activities, such as benefit rides, equine disaster preparedness training, Day of the Horse celebrations, fundraisers and parades.

Here we are (see photo) all decked out for the San Jose Christmas Parade. Not only did we get great extreme Friendly Game experience participating in a parade with loud music, screaming crowds and animated floats, we also used a series of play days to set ourselves up for success.



photo by Coco



We were hosted for parade practice at a member's home arena. She thoughtfully invited members of the local high school pep band to practice during our play day and had decked the arena fencing with flags and plastic bags. We also decorated a golf cart with barrels and flapping sheets as our simulated float to have the horses follow. Non-riding spouses and children were enlisted to wheel baby strollers, wave and cheer. Another great touch was everyone carrying automobile remotes and setting off car alarms as we rode by. We had extra meetings to plan and make horse costumes, allowing lots of time to swap savvy stories and sample holiday baking.

Living on the West Coast, we are lucky to have access to beautiful beaches. We occasionally do a beach trip with our group. After some morning games on the beach to make sure the horses are tuned in and not afraid of the waves, we ride, bareback or saddled, and play in the waves. After the beach ride, we ride the trails above the beach to a nearby British pub where we enjoy lunch and the horses grab a quick nap. There are so many of us, we have to tie the horses close to each other at the tie rails. And the horses are so relaxed they just nap—no horsey arguments at all. The horses seem to enjoy this activity as much as their humans.

BASP is very well represented at all Parelli-sponsored events: West Coast tour stops, the Savvy Conference and the Parelli Center classes. One year we had a "Parelli or Bust" potluck where everyone who had been to the courses brought travel routes, trip notes, horse/human lodging information, packing lists and ideas to share with anyone interested in going. The event drew a big crowd and got eighteen members safely out to Pagosa Springs for classes at the Parelli Center.

A highlight this past May was our trip to the Atwood Ranch Open House in Cottonwood, California. We reveled in the chance to see the Atwood mares and babies, watch Kalley and her troop playing with yearlings and two-year-olds, marvel again at Pat's display of timing, savvy and sensitivity with these lovely youngsters and hang out with Linda. About thirty of us were fortunate enough to have Coco photograph us with Linda.

Our study group has a website ([www.bayareasavvyplayers.org](http://www.bayareasavvyplayers.org)) and recently added BASP to Yahoo Groups to meet the communication needs of our large membership.

But what has always held the group together and continues to drive membership are the close and nurturing friendships found in this group. Whether it's supporting a member in fund-raising for her therapeutic riding program, congratulating a member on the birth or purchase of a new horse, cheering someone on as he or she receives a red/blue/green string or simply being there to listen, a BASP buddy is always just an email, a phone call or a meeting away.

Everyone in BASP is grateful to Pat, Linda and their incredible crew for the imaginative, inspirational savvy support they have given us and our equine partners over the years.

Savvy On! 🐾





# Parelli TV

by Austen Atkinson

*When you're crafting a TV series, especially one as affecting as "Parelli: Live Your Dream", you end up living a kind of double life. No, really—not quite the one you're imagining—but it is a dual life.*



We spend around a third of our work time staring at the world through a camera lens and then two thirds of our time in our edit suites, ogling what we've captured. Then we step outside, away from work, and realize that the universe does not operate the Parelli way, or in fact the way one might like it to. It can result in culture shock on a daily basis!

It is a strange discipline to see things from afar, but it is necessary so that we can be objective about our subjects. And what spectacular subjects Bipin Anand and I in the U.K. team have had to work on. Michael Grohmann—Austria-born 3-Star Parelli Professional and latterly of the U.K. Center faculty team—is the latest character we've caught on camera.

Michael is a fascinating person—not a traditional horseman in any sense. Formerly a radio DJ, by definition he spent most of his working life trapped in a room talking to himself and giving people the privilege of listening to him over the airwaves! A weird and abstracted existence for sure, but one he enjoyed a lot. Now he has flipped that on its head and spends half of his working life in silent conversation with his horse, Unity, and the other half teaching our students face-to-face. So he has a dual life, too.

The journey Michael made from total novice to talented horseman, radio DJ to Parelli Professional, is fascinating. It all happened because one day he went looking for a friend who had gone mysteriously AWOL. Searching for him, Michael stumbled across a secret arena.

There his friend was performing what appeared to be a magical miracle of communication and play with a horse.

This horsey secret popped Michael's corn; the purity of what he saw hit him right between the eyes. It was a moment of true clarity. Moved beyond words, he decided there and then to change his entire life. He made the decision to go to America and discover all that he could about this thing called Parelli. What a story! And that is only the beginning. Wait until you see the story of how he found his Appaloosa, Unity. Talk about a tearjerker...

***I think we can all learn to be happy, really happy, if we allow ourselves to have fun and play together.***

***To communicate through play, just like horses do.***

Can you see how this filmmaking process affects us? As director, I have to be totally engaged with my subjects and yet abstracted from them, so as to comment on them and tell their stories. Duality once again! If I do my job well enough, what you see on screen, what moves you as you watch, mirrors the emotional response I had to these amazing characters.

The story of human and horse transformation is powerful. I can tell you that the media team really feels like it is charting the growth of natural horsemanship and chronicling the adventures of some of its champions, just as this movement is beginning to change perspectives on a global scale. This series will really give us all a different angle on the role Parelli plays in people's lives, but also how it can be a model for a much bigger change in society.

These subjects from "Live Your Dream" have not only given up

promising careers and home lives to follow their dreams but have also dedicated their lives to helping others—horses and people. It reminds me why Parelli is so important. When the world is full of trivial eye candy, when advertisers sell us inferior products that we don't need and TV shows glorify violence and greed, I thank my lucky stars that the planets aligned at just the right moment in history so that I was empowered to record how some of us began to remember how to really communicate. And this time the message is good, and truthful and *fun*!

One of the phrases that Michael said on camera in his interview has reverberated around my brainbox for weeks now.

He said, "I think we can all learn to be happy, really happy, if we allow ourselves to have fun and play together. To communicate through play, just like horses do." What a concept!

As these special little films begin to be broadcast on RFD-TV (USA) and SKY (UK/Europe) in the fall season, I really want to hear from you, our most loyal and important viewers. Do these "Live Your Dream" films resonate with you? Do they give you the same thoughts that they give us? I know that I am motivated to make change, and I revel in the fun things in life every time I see these characters on screen. I think that "Live Your Dream" is, in its own little way, charting the beginning of a huge shift in attitudes all over the world. People are saying, "Let's be nice to each other for a change. Let's live in harmony with the world around us by being true to our horses. Let's have fun!" That's the sort of utopian dream I hear politicians espouse all the time; but I see people, via this Parelli Media window on the world, living that dream every single day. 🐾

**Clockwise from left:**  
Michael Grohmann in his  
radio days; Michael with  
Unity at the UK Parelli  
Center; Parelli TV Direc-  
tor, Austen Atkinson  
takes time out with his  
dream horse, Finn.





# Alejandra Gonzalez

## Cross Training with Pat Parelli

by Terra N. K. Pugh

*We find greatest joy, not in getting, but in expressing what we are. . . Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them.*

*The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.*

—R. J. Baughan



"Love and passion. If you have those two things, then you have it all. Good qualities and good things come from this way of feeling," says Alejandra Gonzalez. "I have seen my horse, what he wants to be. I see it in how he looks at me. He's smarter, he's calmer and he communicates with me. I know he loves me. It's not a method; it's not a program for me. Parelli is a way of living, a way of everything when you are with horses."

Alejandra Gonzalez has traveled the world seeking great teachers of horsemanship, first in Germany and now with Parelli. "Since the beginning, Parelli has greatly changed the way I see competition. I want to be good with horses. And the Four Savvys—being great at them is how you do it. You have to put foundation before specialization," says Alejandra. It was her dedication to learning, along with her performance background and her willingness to do whatever it takes

to put the relationship first, that earned her an invitation to spend a month with Pat Parelli at his performance barn in Colorado to work on her foundation.

***Competition comes later. Sometimes we put so much emphasis on winning ribbons or how well we do that we don't think about our horse's trust, respect or heart.***

What did Pat do with Alejandra to work on her foundation? "Everything. Like everything!" says Alejandra. "We did the Four Savvys, On Line and Liberty, but especially Freestyle." In dressage, Alejandra was used to doing everything with contact, so Pat had her focus on Freestyle to expand her toolset. "Use my legs, not my hands. Use my focus. Use my intention. I think that was the most important part of my growing." Pat focused Alejandra on cross training—trail rides,

following cows—and he even had her cut cows on his super-mare, Magic! "What was cutting on Magic like? I have no words to explain how it felt to be on Magic cutting a cow. It was just amazing, an out-of-body experience. I have no words to express how it feels when she moves under you. She gave me the feeling of what my horse is going to feel like." It was a gift. Magic helped her feel and understand her dream. Pat taught her how to get there.

Dreams are powerful. They are the sum of who we are, who we want to be, who we hope to be and how we want to be remembered. Alejandra knows her dream, but she is committed to taking the time it takes to get there. "Competition comes later. Sometimes we put so much emphasis on winning ribbons or how well we do that we don't think about our horse's trust, respect or heart. I love my sport, I love horses, but love is not always enough. You have to be passionate about it. I have that passion for horses and Parelli." 🐾



*Alejandra with Magic at Pat's Arena in Colorado*



## Alejandra Gonzalez's Background Story

Parelli *es simplemente el mejor* (simply the best)! After a ten-year stint on her own national fitness show in Costa Rica, Alejandra Gonzalez found her way back to horses through dressage. Though she had ridden all her life, she went to Germany to study the art of dressage and purchased a horse during her studies. This horse carried her through dressage competitions in Costa Rica, and eventually she was the top rider on the Costa Rican team, the top rider of the Central American area and the twenty-sixth qualifier in America for the Pan American Games. "It was a great experience. I was a very green rider with a very great opportunity," says Alejandra. Sadly, she lost her competition horse to a broken leg within two months after competing at the Pan American Games.

After the death, she again flew to Germany, where she purchased a "very, very, very, very, very beautiful and difficult" gelding that she named Marabu. Two days after the horse arrived, she called the woman that had sold him to her to let her know that he had arrived safely. "Is everything okay? Are you still alive?" was the response she got. She was surprised by the response, and at the same time she wasn't. "He was very hot, but I knew what I was buying. And I fell in love with him," says Alejandra. "He was very difficult, and *that* is how I found Parelli."



# How Do You Get Your Left-Brain Extrovert to Become More Obedient?

## Canada

### The Key is to Play

Beth Bailey, Ontario

I take the time to play with him. He's a huge (17.2hh) four-year-old, and I'm a small twenty-three-year-old (5'3"); it's an interesting combination. Luckily, we both get bored really easily, so the key for us is to *play*. We never just walk somewhere; we play on the way. We step on things, jump over things, put our nose on things—it's sometimes seen as a little strange by the other boarders—but *oh*,



the results! He has learned to untie himself and also has let himself out of his stall on occasion; his curiosity has cost me lots in treat replacement bills, as he eats all the treats left by the other horses' humans! He's a smart boy, and some people who meet him want me to put a chain on him and "teach him a lesson," but he's only curious and bored—just needs to be challenged. He becomes more obedient once I give him a job and something to accomplish. Parelli has allowed me to embrace his Horsenality™.

## Australia

### Never Bore Her

Nicole Steinberger, North Queensland

I have a Left-Brain Extrovert with quite a high spirit. She is also a rising three-year-old, so she has young horse enthusiasm! I got her for my birthday as a yearling, as my last horse died unexpectedly. She loves to play, and I've recently started playing with her at Liberty in my round yard, with some very interesting behavior! She definitely has her legs in the air more than on the ground at times! On Line I usually incorporate heaps of play things in our sessions—logs, barrels, my stand (which is a tractor tire filled with dirt). We use the Falling Leaf pattern often. I've never really been able to use the 12-foot Line on her, as she has always needed the drift, but she can also go Right-Brain in a flash, so



I have to be on my toes! Our arena is cut out of a hill, so we play with jumping up and down the embankment. I just make sure that I never bore her, and she becomes more interested in me. She is definitely a very fun horse to play with but reminds me often not to take her for granted. I am glad she isn't my first horse. Parelli has certainly allowed me to understand her; we have so much fun together!

## United Kingdom

### Don't Overstep the Mark

Nell Cruse, Devon

My six-year-old Connemara, Shaun, used to be pushy, mouthy and a nightmare to lead. If I tried to restrict or direct him, he would rear up over my head because he wanted to play. Although he's not my official Parelli horse, I had to do something to stop anyone getting hurt. We played the Seven Games on a 22-foot Line, focusing on the Yo-Yo Game. Every time I led him somewhere he went On Line, and if he reared, he got to play my game, Yo-Yo, in a big way. As a reward, we would go and play something else, like "let's go and roll in the sand" or "go sideways to the grass" so he didn't think I was on his case the whole time. It was a fine line between letting him play and making sure we were safe. After three days, he'd gotten the message and appeared to appreciate the boundaries he'd been given. Now we can go, and he knows that a little wiggle means "You're overstepping the mark." It works in the stable, too; when we go into his box, he backs up so he's not crowding the door or trying to push past. He's still very mouthy and likes to grab his halter or carry ropes around, but maybe I can find him something creative to do with that talent in time! Thanks to Parelli for making me see a different way to play.



## United States

### Attitude Adjustments

Anne Dutton, Georgia

Adjusting his attitude is what helps my Left-Brain Extrovert horse become more obedient. Attitude adjustments can be challenging in themselves, but it's what it takes to get my Left-Brain Extrovert horse

interested in playing with me and being my partner. I've seen "the look" many times, and when I get it, I know I need to adjust quickly and move on to something different before my horse starts making up his own fun and games.

I realized the rewards of adjusting my horse's attitude one day at a Level 3 clinic. Our task was to play with the Circling Game on 45-foot Lines out in a big pasture. As my fellow clinic attendees began heading out to the pasture, I took a long look, and the first thought in my head was "boring." And I knew if I thought that, my horse would, too. So I turned in the other direction, and we headed into the woods, where my horse and I played, jumping logs, circling around trees, squeezing between trees, backing up through the trees and so on.



My horse was so enthralled that he was solving the how-to-get-the-rope-untangled game faster than I was. As we came out of the woods I asked for a couple of circles

and direction changes at a canter, and I got a beautiful response with a lot of controlled energy and a great look on my horse's face. The playful, fun trip into the woods had made my Left-Brain Extrovert horse a more willing and obedient partner and had taught me a good lesson on the power of attitude adjustment.

## Changing It Up

Gretchen Rohde, Washington

My Left-Brain Extrovert is the busiest horse I've ever seen and never stands still for a minute, so I like to change it up every day, from the minute I feed in the morning until lights out at night. I feed him hay in several different locations at each meal, change the location of his water buckets, ride him at different times, and use *lots* of barrels, cones and poles to keep it interesting. When I ask him for something, I've found I need to give him time to think it through and respond. Although his mind is going a mile a minute, he does need time to figure out what I'm asking him to do at the moment. I never assume he will be calm, but I do know he will remember exactly what we did the day before. So transitions for a day or two are okay, but then I'd better change it up to trotting up and down hills, backing through gates or walking over logs. One of the big mistakes I made early on was to reward with sugar cubes. Now he is always looking for "the cube" when he does something correctly. His Horsenal-



ity is fabulous, and he learns so fast that teaching him tricks is easy. At lunch he runs into his stall, backs up six steps, gives me two eyes, and waits for his lunch.

## New Zealand

### Matching His Energy Level

Rhonda Jardine, Auckland

With my Left-Brain Extrovert, Rembrandt, I find I have to observe him before entering the paddock and assess his level of playfulness. If he is pestering my mares to play and they are ignoring him, I know that I have to go into that paddock ready for *major* action straightaway. I try to match his energy levels immediately, as he gives me no time to warm up my savvy skills! Sometimes I don't even catch him. I play at Liberty and usually get the most amazing results when he is just bursting with playfulness. It's a very fine line with him, though—he loves playing the cutting game and can come toward me with ears back, being fully dominant. I don't play that game much, and if I do, I use the Carrot Stick to increase my height and practice backing him away afterward, along with increasing my energy level tenfold. Rembrandt loves the Circling Game. He loves to snake his neck low, yank at the rope, start to buck a little and then take off. Now that I can spot the signs before he starts this pattern, I quickly interrupt it and either shut him down or put him into a Figure-8. I find that the best results are achieved, when he is being playfully dominant, by keeping him busy with obstacles. This way he becomes more observant of me rather than running over the top of me or ignoring me. I become the leader, but a playful leader rather than a bossy, nasty leader. This way he is not wanting to dominate me, as he is too busy thinking about where to put his feet and how to avoid running into large objects such as trees or fences. The more playful he is, the more obstacles I put in his way. It makes him connect his brain to his feet and then connect his brain to me. He asks loads of questions along the way. I find I really have to practice backups and get really specific with them, as he tends to step sideways as an excuse to get out of doing it properly. But when we practice this, his dominance lowers, and the draw I have is amazing. He offers to canter toward me when we have a lot of communication happening. When he was younger, I was going to sell him. He really scared me, being so dominant, rearing and striking out with his front legs. But thanks to the great friend who introduced me to Parelli and the fantastic program, I now have one enthusiastic, bright, intelligent, playful horse who makes me laugh almost every day!



courtesy photo



# Horses for the Spirit

by Deb Conrad

## Using the Horsenality™ Chart to Help Teens

*As you may recall, Horses for the Spirit (HFTS) has graced our pages before, in our May 2007 issue.<sup>1</sup> The HFTS youth program's goal is to teach youth, especially those considered at risk of failing in traditional settings, life skills that will enable them to make better choices and merge into the community with confidence, empathy and the ability to see and respond to the world around them in ways that promote their success in life. HFTS philosophy is that the program's participants will learn more through trial and error than by being told exactly what to do. They are allowed to be creative and find their own ways to play with the horses within the Seven Games.*



courtesy photos



Now picture this: a gaggle of twelve- to eighteen-year-old girls walks into a room. They all wear blue jeans, sneakers and gray hoodies, with the hoods pulled up over their heads. They sit on the couches, arms crossed over their chests and their heads purposefully tucked as far as possible inside those hoods. The teachers and volunteers are all thinking the same thing: "Oh, boy, this is going to be a tough bunch!"

This is the scene of the first day of a recent Horses for the Spirit (HFTS) youth program. HFTS pairs youth with horses to provide experiential learning, and the vehicle for teaching is the Parelli Seven Games. The Seven Games have worked so well for the kids that our teachers and trainers keep up to date on Parelli offerings and utilize other tools that seem likely to fit into the program.

Robbie Maus, founder and president of HFTS and Level 3 Parelli student, discovered that the Horsenality chart helped her to better understand not only her horses, but the people around her as well.

"The Horsenality chart teaches tolerance and empathy for differences in Horsenality and personality by providing a way to assess behaviors," says Maus. "I found that as I explored the Horsenality chart with my horses, I also began to consider a new way of looking at myself and the people in my life."

Maus recognized the potential for the Horsenality chart to help the kids in the youth program in the same way it was helping her.

The Horsenality chart seemed like a great way to teach kids to evaluate their horse partners, themselves and the others in their lives. One of the most critical life skills is being able to self-evaluate emotions, feelings,

behaviors and reactions along with being able to rationally understand others, even when they are different from us. This is where the Horsenality chart comes in.

***The first lesson is the Friendly Game, and between time spent in the classroom and the time with the horses in the arena, the kids learn what the Friendly Game is about in the horse world and how it applies to the rest of their lives.***

The youth program starts by teaching the kids the Seven Games in order and building on each previous lesson as the ten-week program progresses. The first lesson is the Friendly Game, and between time spent in the classroom and the time with the horses in the arena, the kids learn what the Friendly Game is about in the horse world and how it applies to the rest of their lives. Each lesson proceeds in the same way. By the last three sessions obstacles are added and more complex tasks attempted with the horses, and the students use all of the skills they've learned up to that point.

By the last day of the ten-week course the youth are allowed to celebrate their graduation from the program by doing whatever they'd like with the horses for the day, and it is amazing what they'll try. By this point even the most shy and reserved kids are ready to explore their relationships with their equine partners, and they show marked improvement in their confidence and leadership abilities—not just with the horses, but with each other as well. Some students will experiment with playing with their horses at Liberty; others ask their horses to jump barrels or step up on platforms; and some just enjoy relaxing and spending quiet time with their equine friends.

The introduction of the Horsenality chart had the girls in the gray hoodies sitting in silence and not actually paying as much as attention as Maus would have liked. This group of teens was comprised of chronic runaways from bad family situations, some with histories of drug abuse; most did not have education levels beyond the sixth grade.

The silence and inattention were due to the fact that many of the words on the Horsenality chart were completely new to them. Undaunted, Maus and Diane Crowne, the team teachers for the program, proceeded to offer definitions of the words the girls did not understand. With consistent reinforcement of the words and their meaning, soon the kids were using the words in the right way to describe their horses' behavior, their own and the behaviors of those around them.

The kids rated themselves in all of the Horsenality chart categories that they felt applied to them after its initial

introduction. At the end of the program they rated themselves again. Although many had not shown great changes in their chart over that short period of time, the important element was that they had developed a new skill that enabled them to look at themselves and their reactions to events and to consider how they might like to respond in the future. They could better understand another person's reaction or response to a situation with more empathy and perspective than before the introduction of the Horsenality chart.

HFTS partners people and horses for positive transformation, and we believe that the Parelli tools suit our program and its goals perfectly. The Seven Games are well established in our lesson plans, and HFTS will continue using the Horsenality chart based on the positive response we noted during its initial implementation in our program.

The girls in the jeans, hiding themselves away from the world with their hoods pulled up over their heads, were transformed into smiling, laughing, confident young ladies who were far more ready than they had been ten weeks prior to lead productive lives, making better decisions for themselves and responding to life in more positive ways.<sup>2</sup> 🐾

<sup>1</sup> Conrad, Deb. "Parelli Games Teach Life Lessons to Troubled Teens," *Savvy Times* 15, May 2007, pp. 36–38.

<sup>2</sup> For more information on *Horses for the Spirit*, please visit [www.horsesforthespirit.org](http://www.horsesforthespirit.org). *Horses for the Spirit's 2008 Youth Programs have been sponsored in part by generous funding from the Community Foundation of Western Nevada's Kidview, Inc. grant.*







# The Gift of Refinement

by Steve Miller

***I am new to horses and got started late in life. Having been inspired at a Savvy Conference but having never ridden before, I took the advice of a Parelli Professional to buy a horse that could “fill in” for me. So in 2004, at the age of forty-two I bought a La Cense Quarter Horse, Jo, from France and trailered her back home to England.***

We passed our Level 1 and took our first Parelli course later that year. In October 2005 we were lucky enough to have a lesson with Linda during the U.K. Savvy Conference. In October 2006 Silke Valentin decided that we should do a live assessment during one of her clinics and awarded us our Level 2.

So this was how I came to find myself studying Level 3 and booked into Natural Collection and Natural Lead Changes at the U.K. Parelli Centre at Stoneleigh Park in July 2008.

I remembered that although we get to set the goals, our horses are in charge of the time frame. So my goal was to understand what

steps would lead to collection and lead changes. My focus was to be in the moment with my horse and to read her better. Anything else would be a bonus. Delightfully, three unexpected things happened at Stoneleigh that will stay with me forever. They were small things, but they caused huge changes in me.

The first occurred while playing “Me and My Shadow,” when I found myself being totally present with Jo. I had relinquished any thoughts of having to do something, of thinking ahead, of living in the future. I had experienced something similar during a weekend retreat about twenty years ago. Interestingly, the teacher told me that this state of

inner calm, presence and awareness is described by the Chinese as “Reining in the Wild Horses.” Only now can I see why that phrase is so apt.

The second also occurred during this session, when Jo decided to lie down and roll. I had become used to approaching and petting our herd of four horses when they were lying down, but I suddenly realized that Jo had never before lain down while I had been on the other end of the lead rope! It was truly humbling to realize that she might never have felt relaxed enough in my presence to express herself in this vulnerable manner. Time was also probably a factor. Had I ever spent enough undemanding time with my horse to observe her and match and mirror her? Had I ever truly listened to her opinion or followed her suggestion?

The third occurred when, having listened to Neil Pye’s advice to “feel during the day and do your thinking at night,” I sat down Thursday evening to review my week. I was hoping to find a highlight to share at the final presentation on Friday. One thing came straight to mind, but in a totally new light. Earlier that day I had gone to collect Jo from her stable, and I halted her to take her to the playground. Tears came to my eyes as a new understanding unfolded. The tears returned, unashamedly, as my new understanding was related to the class the following day.

***That was the gift. The gift is something you didn’t ask for and weren’t directly searching for.***

In that simple act of haltering I had discovered a whole new level of *feel*. I had been totally present—my hands had slowed down, and Jo had responded with a new level of lightness and had been focused on me continually. She had also remained flexed long after I had completed the knot (another first!). We had become willing partners in a dance. In reflecting on that one simple procedure I had learned that there are even deeper levels of connection to be found. *This* was refinement, *this* was Finesse, *this* was Level 3, and it really was *not* about collection or lead changes (or whatever); it really was about the relationship with my horse!

Later, when relating these experiences to Parelli’s Photographer, Coco, she nodded knowingly and said, “That was the gift. The gift is something you didn’t ask for and weren’t directly searching for. It’s one of the coolest things about Parelli. Others will want to hear your story. Would you write it down and send it to me?”

My gift was the realization that Finesse can be sought in absolutely every interaction with our horses.

Thanks to everyone at Stoneleigh, especially the course leader, Kristi Smith, for looking after my learning needs so that I was able to pay attention to Jo’s needs. Thanks for teaching me to listen ever more closely to my horse. 🐾



*Steve and Jo at the UK Parelli Centre, Stoneleigh Park.*











# New Parelli Levels

by Linda Parelli

*This January you'll find a whole new section in your Savvy Club Members website devoted to levels achievement. Here's a taste of what's in store...*

## How Savvy Are You?

Measurement is tenuous—thrilling when you are better than you thought, and somewhat disappointing when opinion doesn't match up with facts. But for those of us pursuing mastery—defined as never-ending self-improvement—measurement is critical. Unless you know where you are in comparison to where you want to go, tangible progress can be skewed and take too long. Pat has always said that Level 1 should take only about thirty hours, so when many of you told us that you were ready to take the test after two years of practice, we knew something was wrong. We had to find a way to make this easier, allow you to test in any one of the Four Savvys and be less focused on perfection. You can't be perfect at Level 1! Savvy is not about perfection.

## Measuring the Un-measurable

Define what *savvy* is. You know it when you see it, but how do you describe it?

Savvy is...

- Understanding x 10.

- Heart and desire, respect, impulsion, flexion, focus, feel, timing, balance, experience.
- Attitude, Knowledge, Tools, Techniques, Time, Imagination, Support.
- Knowing where to be, when to be, why to be, and what to do when you get there.

We all basically know what it takes to become a doctor, a school-teacher, a contractor, a CEO, an Olympic dressage rider, a world champion reiner, cutter, eventer, endurance rider, a successful competitor at any level in the horse industry. But how do you measure *savvy*?

Technical and tangible things are easy to measure; the intangible is not so easy. How do you measure *feel*... *focus*... *timing*... *heart and desire*?

In 1990 Pat Parelli took a leaf out of the martial arts book and decided to start defining the essential notions and steps of mastering horsemanship, starting with the first level.



Check the circles in each section that show where you are in your Levels journey.

| On Line CRITERIA/QUALITY                                                                                                                                      | LEVEL 1                                                                                                                                                                                   | LEVEL 2                                                                                                                                                            | LEVEL 3                                                                                                                      | LEVEL 4                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Lines                                                                                                                                                         | <input type="radio"/> 12-foot Line.<br><input type="radio"/> Carrot Stick, Savvy String.                                                                                                  | <input type="radio"/> 22-foot Line.<br><input type="radio"/> Carrot Stick, Savvy String.                                                                           | <input type="radio"/> 45-foot Line.<br><input type="radio"/> Carrot Stick, Savvy String, Flag (plastic bag on Carrot Stick). | <input type="radio"/> All Lines.<br><input type="radio"/> Neck Rope / Flank Rope Carrot Stick, Savvy String, Flag. |
| Tools                                                                                                                                                         |                                                                                                                                                                                           |                                                                                                                                                                    | <input type="radio"/> Zones 4 and 5.                                                                                         | <input type="radio"/> All Zones.<br><input type="radio"/> Stratas.                                                 |
| Zones                                                                                                                                                         | <input type="radio"/> Zones 1 & 2.                                                                                                                                                        | <input type="radio"/> Zone 3.                                                                                                                                      | <input type="radio"/> Subtle communication = "ASK." Phase 1 – 2.                                                             | <input type="radio"/> Elegant communication = "SUGGEST." Phase 1 – 2.                                              |
| Phases<br>1. Minimum, subtle.<br>2. Soft but more pronounced.<br>3. Firmer.<br>4. Firmest.<br>Timing: Long phase 1; Hands that close slowly and open quickly. | <input type="radio"/> Exaggerated communication; be effective yet just = "PROMISE." Phase 2 – 4 if needed. Hands that close slowly and open quickly. Steady use of phases, not too quick. | <input type="radio"/> Obvious communication = "TELL." Phase 1 – 3. Long Phase 1, quick to 3. Phase 4 should rarely be necessary. Use of expression, body language. | <input type="radio"/> The Thought (mental).                                                                                  | <input type="radio"/> The Feeling (spirit).<br><input type="radio"/> Exuberant, expressive                         |
|                                                                                                                                                               |                                                                                                                                                                                           | <input type="radio"/> The Try (emotional).                                                                                                                         | <input type="radio"/> The Willing, positive.                                                                                 |                                                                                                                    |

Despite vigorous disapproval from many people, the Parelli Levels program was a much-needed concept, and it had a major impact on the natural horsemanship industry. It started to establish standards that gave people an idea of what was good and what was not and to know whether or not someone was qualified to teach others.

Unlike every other part of the horse industry, Pat Parelli's system started to make heroes out of people who were skilled in the basics, such as equine communication, building confidence, problem solving, etc. Up until that time it was the winners of competitions who were heralded, and all the problems they had behind the scenes didn't count. I was one of those, in a very small and low-level way. I could win the competition provided I could get my horse in the trailer that day. I didn't know there was anything wrong with that until I went to my first clinic with Pat in 1989. Oh, boy, what a wake-up call that was!

### Belts and Strings

The martial arts have the belt system, and Parelli has its string system. The whole point of measurement is to know

where you are and where you are going, or you tend to float around in some kind of blissful or frustrating space that has no beginning, no end and no pathway for making progress.

The Parelli Levels program is not about comparing yourself to others. It's about knowing where you are compared to a standard and where you want to go. Much as in golf, you compete against yourself, and the one to impress is your horse. Put it this way: If you were your horse, what level would you want your partner to be? A happy horse is the result of a good leader and teacher who puts the relationship first, is skilled on the ground, is balanced in the saddle, understands equine psychology (Horsenality™) and is positive, progressive and natural. That's why this is about way more than riding. As you learn the skills at each level they take you on a journey of self-discovery of becoming more mentally, emotionally and physically fit. How far you want to take it is up to you.



Note: Final Self-Assessment Criteria released January 1, 2009.

Check the circles in this section when you know you can do the task anytime, anywhere.

#### On Line SKILLS SEVEN GAMES

##### Friendly

Horse is confident and relaxed. No tension, fear or aggravation. Soft eyes, blinking, level head.

#### LEVEL 1

- Rub horse all over with Carrot Stick.
- Toss rope/Carrot Stick & String over neck and back 6 times, horse relaxed (no tension) and standing still.
- Massage front legs.
- Haltering with savvy.

#### LEVEL 2

- Massage tail.
- Stand in Zone 3, toss rope over head-back, nose-tail, front-hind legs, helicopter.
- Flapping rain coat, umbrella.
- Stand on tarp for 7 seconds.
- Front feet on pedestal.
- Scratch itchy spots around udder, sheath.
- Ball.
- Extreme Friendly Game walking away.

#### LEVEL 3

- Extreme helicopter—slap ground 6 times hard with Carrot Stick and String.
- Shake flag (plastic bag on Carrot Stick).
- Stand on pedestal.
- Hind feet on pedestal.
- Massage with clippers.
- Toothpick on neck, turns neck to you, softens (needle simulation).
- Massage inside ear (not deep!).
- Lead backwards by tail.
- Lead backwards by hind leg.
- Lead by ear.
- Lead by chin.
- Hold tongue.
- Move HQ & FQ 360 degrees with one finger.

#### LEVEL 4

- Crack a whip 3 times.
- Swing rope or Carrot Stick and String overhead while standing in Zone 5.
- One foot on an object.
- Extreme Friendly Game in Zone 5.

##### Porcupine

Appropriate response to feel or pressure, no fear, no resistance/opposition reflex (such as excessive tail swishing).

- Move forehead and hindquarters full circle.
- Back up from nose (Zone 1) and chest (Zone 2) to 12 feet.
- Lower head.

- Lift tail.
- Move sideways.
- Lead by front leg.
- Horse stand on 3 legs (hold each leg up for 30 seconds).
- Pick up 4 feet from one side.

- "Touch It" on 45-foot Line from Zones 4 and 5.
- Stick to Me at canter and among other horses.

- Trot to backup on long lines.

##### Driving

Appropriate response to suggestion without touching. Line or Rein is used as safety net, has no resistance/opposition reflex.

- Jumping jacks for personal space.
- Draw towards you, flowing hands on rope, walk backwards.
- HQ & FQ yield 360 degrees.

- Trot to backup with halter.
- Stick to Me at walk and trot.

- Zone 3 Yo-Yo at walk.

- Long reins: walk, trot, turns, back up, obstacle course.
- Stick to Me, change leads (simple or flying).
- Drive from Zone 5: one rein and two reins.
- Two spins.

- Long reins, transitions between all gaits.



## How to Do It

There are Four Savvys and four levels, and here's the great part: You can officially audition for any Savvy at the level you are ready for. For example, you do not have to do Level 1 before you officially present Level 2, but of course you should be able to do everything in the previous level. Over the years we've learned that some of you want to self-assess, while others want to officially assess. You still have that choice, but an official graduation needs to include both a completed self-assessment\* and an official test or, as we now call it, "audition."

We've replaced the Levels test itself with an audition, which is a much looser and more fun version. It's quicker to assess and allows you to be more creative and show off your relationship with your horse as well as your skills. It can be done live or on tape. Essentially you will have seven to ten minutes to play in one Savvy. Choose your favorite music as a background, note the few compulsories that apply to your level and off you go! Best of all, you'll be able to see auditions from other students on the Savvy Club website, which will give you an idea of what you can do and what you are ready for.

## Grading

Self-assessment\* is an important key in all this. It covers the Seven Games in Four Savvys at four levels and allows you to check off the things you can do and the things you have yet to learn how to do, depending on the level you want to achieve. Once you've filled them

out you'll have a very clear picture of how balanced you are in your four Savvys...—or two Savvys, if you don't ride.

When you audition you will have to present your self-assessment at the same time, proving that you have done your homework and are ready. Then you indicate what level you are auditioning for: Level 1–2 or Level 3–4. Your results will show you an expanded picture rather than just one level. For example you may be a solid Level 1, showing lots of Level 2 already in place. This gives the assessor the opportunity to identify where you are as well as where you are ahead, which can be tremendously motivating. When you pass one Savvy at a time you receive a certificate to commemorate that, and when you have all Four Savvys at one level, you receive the Savvy String in that color. (Remember, you can choose whether you want to do it all starting from Level 1 or whether you are ready and want to go straight to Level 2, 3 or 4. It's your choice.)

Look for more information on this on the Savvy Club site on January 1st, 2009. We'll let you know when it's all ready to go with FAQs, detailed directions and examples for you to check out and get inspired by. We can't wait to see you all making massive strides in your level of savvy! 🐾

*\*You can check out the new self-assessment on the Savvy Club website now. It is still under construction, and is planned for launch on January 1, 2009.*

# freestyle LEVELS SELF-ASSESSMENT

Check the circles in each section that show where you are in your Levels journey.

| Freestyle CRITERIA/QUALITY                                    | LEVEL 1                                                                                                                                   | LEVEL 2                                                                                                                              | LEVEL 3                                                            | LEVEL 4                                                            |
|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|
| Areas                                                         | ● 50' – 70' pen/arena.                                                                                                                    | ● 100' round corral/arena.                                                                                                           | ● Large Arena, 150' +.                                             | ● Open Area.                                                       |
| Tools                                                         | ● Hackamore or non-leverage bit.                                                                                                          | ● Casual Rein (Hackamore/Snaffle), 1 Carrot Stick.                                                                                   | ● 2 Carrot Sticks, Snaffle.<br>● 1 rein, Halter.                   | ● Neck String/Bridleless, 1 Carrot Stick.                          |
| Saddling                                                      | ● Horse not tied. Saddle with a 'hug'. Saddle is in appropriate position (not on top of shoulders). No negative reactions to cinch.       | ● Rope on the ground. Saddle with a 'hug'. No negative reactions to cinch.                                                           | ● At Liberty. Saddle with a 'hug'. No negative reactions to cinch. | ● At Liberty. Saddle with a 'hug'. No negative reactions to cinch. |
| Bridling                                                      | ● Bridle from knees / chair.                                                                                                              | ● Bridle from knees / chair.                                                                                                         | ● Horse seeks bit.                                                 | ● Horse seeks bit.                                                 |
| Phases<br>1. Minimum, subtle.<br>2. Soft but more pronounced. | ● Exaggerated communication; be effective yet just = "PROMISE." Phase 2 – 4 if needed. Hands that close slowly and quickly. Steady use of | ● Obvious communication = "TELL." Phase 1 – 3. Long Phase 1, quick to 3. Phase 4 should rarely be necessary. Use of expression, body | ● Subtle communication = "ASK." Phase 1 – 2.                       | ● Elegant communication = "SUGGEST." Phase 1 – 2.                  |

# The Parelli Program

| Professionals & Performance |                                                |                                                   |                                             |                                        |
|-----------------------------|------------------------------------------------|---------------------------------------------------|---------------------------------------------|----------------------------------------|
|                             | On Line                                        | Liberty                                           | Freestyle                                   | Finesse                                |
| Level 4                     |                                                |                                                   |                                             |                                        |
| Level 3                     |                                                |                                                   |                                             | Lead Changes                           |
| Level 2                     |                                                | Natural Attraction<br>Liberty<br>Liberty Patterns | Calm Ride<br>Ride Out                       | Natural Collection<br>Finesse Patterns |
| Level 1                     | Horsenality<br>Seven Games<br>On Line Patterns |                                                   | Safe Ride<br>Fluidity<br>Freestyle Patterns |                                        |

Savvy Club: Levels Self-Assessments; Monthly Lessons; Q&A Database; Search Engine; Articles; Videos; Community Forum and Chats . . .

Parelli Center Courses • Licensed Instructors & Professionals



Note: Final Self-Assessment Criteria released January 1, 2009.

Check the circles in this section when you know you can do the task anytime, anywhere.

## Freestyle SKILLS SEVEN GAMES

### Friendly

Horse is confident and relaxed. No tension, fear or aggravation. Soft eyes, blinking, level head.

### Porcupine

Appropriate response to feel or pressure, no fear, no resistance/opposition reflex (such as excessive tail swishing).

### Driving

Appropriate response to suggestion without touching. Line or Rein is used as safety net, has slack in it. Equalize Drive and Draw on ground.

## LEVEL 1

- Rub horse all over, swing legs gently.
- Lateral Flexion, rub face.
- Passenger Lesson at walk and trot 7-21 mins.
- Emergency stop/get off.

- Neutral Lateral Flexion.
- Disengage hindquarters.
- Squeeze to go (life up).
- Relax and lift or bend to whoa.
- Direct Zone 1 to turn.
- Walk, trot, bend to a stop.

- One Rein Transitions: halt-back up, halt-walk,

## LEVEL 2

- Rub horse with Carrot Stick, raincoat, etc.
- Swing rope/Carrot Stick side to side and overhead.
- Rub legs with Carrot Stick.
- Passenger Lesson at trot and canter 7-21 mins.
- Trail ride on a loose rein.

- Walk, trot, canter.
- Backup, stop.

- Bounce the rein to back up.
- Back up without reins – wiggling feet.
- Turns at walk and trot.
- Disengage hindquarters.
- Forwards with squeeze.

- One Rein or Carrot Stick Transitions: walk-trot-canter.
- Forwards and backwards

## LEVEL 3

- Passenger Lesson at canter and gallop 3-7 mins.
- Bridle/unbridle from your horse's back.
- Extreme helicopter.
- Push a ball.
- Drag something.

- Back up, walk and turn with Savvy String, keep bridle on (Games 2 & 4).
- Walk, trot, canter, backup, stop.
- Turns.
- Simple changes.

- Back up, transitions and turns with 2 Carrot Sticks.
- Lateral Flexion.
- "Jingle Bells" from walk-trot.

- Transitions: halt-trot, back up-walk, walk-canter.

## LEVEL 4

- Hold tail over shoulder.
- Carry a bucket / barrel.
- Bounce a ball.

- Use fingertips / legs to guide horse.

- Back up with seat and almost invisible use of legs.
- "Jingle Bells" from canter-gallop.

- Transitions: stop-canter-stop, back up-trot, canter-gallop.
- "Scootch" stops at walk and trot.



# Spot the Savvy!

*Coco, our photographer, captured a moment in time as Pat helped build this lovely horse's confidence with the pedestal. Can you spot the Savvy? (Answers on page 61)*





# the Saver





# Pat's Challenge

## A Balancing Act!

by Norma Safford Vela

**Ask Pat Parelli what you need to know about balance and he'll laugh. "Well, you'd better have it! Do you need to know more than that?"**

"Yes! What if I don't have balance? Or maybe I do, but I don't *know* if I do," I fretted.

Pat grinned. "Whether you do or you don't, you should be working on it every day." Of course! "Good, better, best, never let it rest." This mantra applies to balance as well.

But does Pat Parelli have to work on his balance every day? You betcha! "I'm a try-a-holic," says Pat. "I'll test and assess my balance constantly. Nadia Comaneci (the first Olympic gymnast to be awarded a perfect 10) has, in my opinion, a 25 on a scale of 1 to 25. I'm probably a 20 to 21. I used to score higher. Now I have to work to maintain my skills."

Pat jokes about the man who saw him riding a unicycle and asked, "Does that thing improve your balance?"

"Nope," said Pat, "it *proves* my balance!"

"Every day," says Pat, "I do a lot of riding—riding bareback, riding bicycles, unicycles, jumping on the trampoline and pogo sticks."

There's a new product in the fitness centers called a Bosu that Pat really likes. "But I'd say the trampoline is my favorite tool for improving balance."

A trampoline? "How interesting!" as Linda likes to say. How could jumping up and down on a trampoline improve my riding, I ponder. Pat usually recommends to separate, isolate and recombine. So let's separate the elements of balance: focus, feel, timing, strength and flexibility.

***Become responsible for your own balance, develop an independent seat and put an ounce in the hand, two ounces in the leg, a ton into focus, and you're on the path to reveal your horse, discover your potential and live your dream!***

Pat puts it precisely. "Focus is essential to balance because we place ourselves in space using optical input combined with input from our proprioceptive system." The proprioceptive system tells our brain where parts of our body are in relation to the other parts. While we can control what we look at (optical input), our proprioceptive system is involuntary; it only provides feedback based on movement.

As I bounce precariously on my neighbor's trampoline, I hear Pat's voice: "Use the force—just kidding! Balance is dynamic. Get focused and allow your instincts to take over." I pick a focus, and—he's right—I can *feel* where my body needs to make one of the million tiny adjustments to keep from falling over. "Once you've put some energy into focus and feel, you'll begin to get the timing."

Now, with focus, feel and timing, are you *able* to adjust? Do you have the strength and flexibility? "Sadly, most people hardly do anything athletic after the age of twenty-five," says Pat. Therefore, in a challenge to improve your balance, you'll have to get up and get moving!

Maybe your neighbor doesn't have a 10' trampoline in the backyard, but the Bosu, isometric exercise, core-building programs such as Pilates, yoga and skipping rope are all great for improving your athleticism. Pat loves golf because it's a great way to improve your focus and increase flexibility, and if you don't use a cart, it's a lovely walk!

Lastly, Pat stresses that improving our balance is the best thing we can do for our *horses*, too. "Horses can tolerate a lot—fortunately, they're standing on four square pegs." However, horses also depend on proprioceptive impulses. "They operate three strides out from where they are," says Pat. "Whenever your eyes move—whenever you change what you're looking at—your balance changes, which affects your horse's balance. You can only truly reveal or discover your horse's *complete* potential when you get out of his way." Become responsible for your own balance, develop an independent seat and put an ounce in the hand, two ounces in the leg, a ton into focus, and you're on the path to reveal your horse, discover your potential and live your dream! 🐾



**The Challenge**—Assess yourself using the Four Elements of Success. Give yourself a score from 1–25. Work on improving your balance and then reassess yourself in three months.

**Talent**—this is what you're born with. Are you naturally balanced and athletic, even if you're not in shape right now?

**Skills**—this is something you can improve. Have you developed your skill with strength and flexibility exercises?

**Try**—Do you work at it? Learn to be a try-a-holic!

**Luck**—You found the Parelli program! Give yourself a 25 for luck!





# Junior Savvy

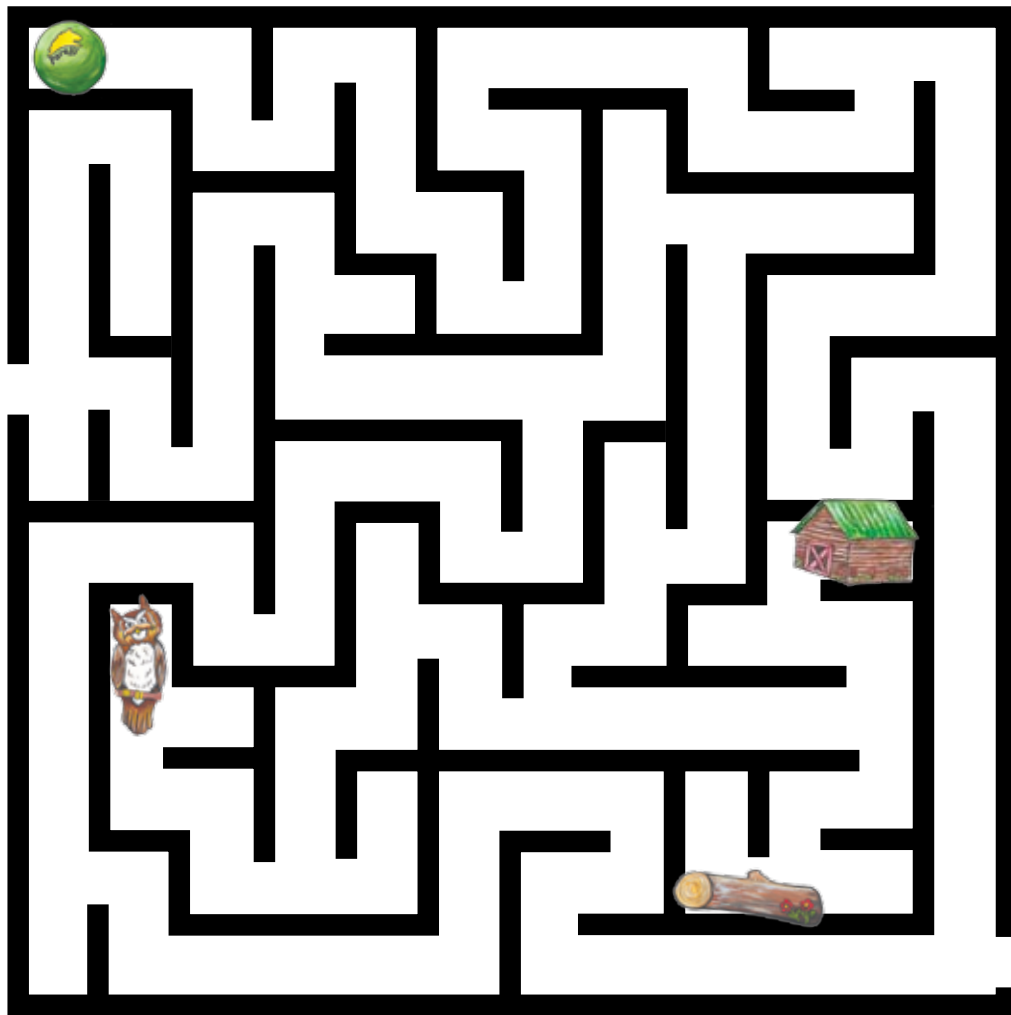
illustrations by Paula Ellenberger

More fun and games with Elbie and Arbie

*Help us find our way back to our Mom by completing the maze below!*



Elbie and Arbie



Shazamm

Answer





# Parelli Sing-a-Long

*Sing and dance along with Elbie and Arbie to the song. Circle Elbie after each phrase of the song you think is about him. Circle Arbie after each phrase of the song you think is about him. Then check the bottom of the page to see how many you got right.*

## Sing-a-Long in time to the song "If You're Happy and You Know It"

Elbie (Left-Brain)

Arbie (Right-Brain)

"If you're bossy and you know it pin your ears. (clap, clap) If you're bossy and you know it pin your ears. (clap, clap) If you're bossy and you know it and you pin your ears to show it, if you're bossy and you know it pin your ears." (clap, clap)



If you're jumpy and you know it move your feet. (clap, clap) If you're jumpy and you know it move your feet. (clap, clap) If you're jumpy and you know it and your feet move fast to show it, if you're jumpy and you know it move your feet. " (clap, clap)



If you're bossy and you know it swish your tail. (clap, clap) If you're bossy and you know it swish your tail. (clap, clap) If you're bossy and you know it and you swish your tail to show it, if your bossy and you know it swish your tail. " (clap, clap)



If you're jumpy and you know it raise your head. (clap, clap) If you're jumpy and you know it raise your head (clap, clap) If you're jumpy and you know it and your head is high to show it, if you're jumpy and you know it raise your head." (clap, clap)



If you're bossy and you know it, nip and bite. (clap, clap) If you're bossy and you know it, nip and bite (clap, clap) If you're bossy and you know it and you nip and bite to show it, if you're bossy and you know it, nip and bite." (clap, clap)



If you're jumpy and you know it have wide eyes. (clap, clap) If you're jumpy and you know it have wide eyes. (clap, clap) If you're jumpy and you know it and your eyes are wide to show it, if you're jumpy and you know it have wide eyes." (clap, clap)



ANSWERS: Pin your ears - Elbie, Move your feet - Elbie, Swish your tail - Elbie, Raise your head - Arbie, Nip and bite - Elbie, Have wide eyes - Arbie





## How to Make: **A Question Box**

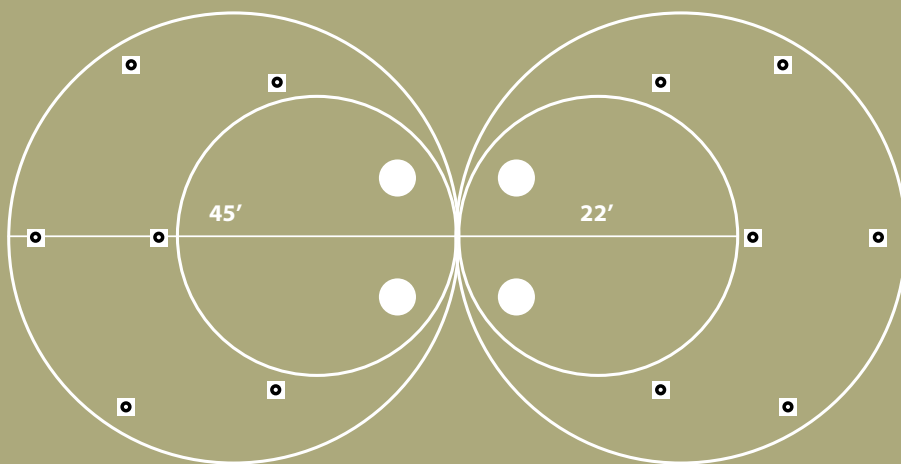
***The Question Box is one of the Parelli Patterns. We use it as an exercise, but more important is the concept behind it and the conversations it initiates between you and your horse.***

Horses are very perceptive to danger, people, places, changes and things. It is also natural for them to follow a rail and to follow a trail. So if we have something that is really consistent that they can see and visualize, then they tend to make sense of it.

Years ago when Pat spent the winters in Pagosa, there would be many feet of snow in Arena Grande, and he would go out and lope circles. After he made a track in the snow he would just let go of the reins, and the horse got it. The horse could see the circle, he could see the track, and he could just go on autopilot. Pat started thinking

about different ways to recreate the snow situation. He found that you can do the same in sand or draw a white line on the ground, but it is just as easy and abundantly visual to the horse to put some cones and barrels in a circle. From there, just ask your horse to stay outside the barrels. Pretty soon you'll find that he can maintain gait, maintain direction and look where he's going without micromanagement. He'll learn the pattern.

The Question Box can be 12' x 12' or 16' x 16'. Those are the recommended sizes. But more important than the measurements of the



#### What you will need:

- 22-foot Line
- 45-foot Line
- 4 Barrels
- 12 Cones

#### How to Make:

You can use your 22-foot Line to measure the smaller circle and your 45-foot Line to measure the bigger one. Then put three barrels or cones evenly spaced on each circle to mark the line and create the visual for the horse. The box should be 12' x 12' or 16' x 16', and the two circles should meet at the center of the box. You want the box to be big enough that your horse has time to stop and that he can visualize it, but your goal is to make the box smaller as you head toward precision riding. By measuring your circles

with your 22-foot and 45-foot Lines you will also be pretty close to recreating the smaller and larger circles from a reining pattern.

The Question Box itself is the place between the circles. It is called this because you are looking for your horse to ask you questions every time you go through this box. You start by giving your horse the idea that you are going to canter this circle until he asks, "How long are we going to canter this circle?" You'll feel this when he starts wanting to stop. When he asks you the question, you can say, "That's good enough. This time we're going to stop in the box." Pretty soon your horse will start to ask, "Are we going to stop in the box this time?" every time you go through it, and at some point you can say, "Yes!" so that he learns that it's good to keep asking the question. Be aware, though, that if he ever tells you he's going to stop in the box, it is no longer a Question Box. At that moment it becomes a telling box, and that's not the idea.

box is that you understand how to use it. The Question Box is about getting the horse to ask different questions. First you want him to ask, "Are we going to stop in the box?" Once your horse has a consistent pattern of asking you if he's going to stop in the box, the next question you're looking for him to ask is "What are we going to do from here?" Once he asks this question, you can back out of the box, or go forward on the same or opposite circle or go forward on the bigger or smaller circle. Then you might canter a few more circles and next time through the box make a transition to a walk or a trot instead of a stop. You'll just keep developing his depth and use of questions. "Are we going to change gaits?" "Are we going to change directions?" "Are we going to stop?" When you're stopped in the box or doing a transition in the box, he'll ask, "Are we going to stay on the same track or go out on a different one?" It keeps him mentally involved and engaged.

The Question Box is appropriate to begin playing with anytime you start working on circles, which should be in Levels 2 and 3. We

discussed here examples of the Question Box being used from the canter in order to illustrate Pat's full vision of the Question Box. You will see in the Parelli Patterns that the Question Box pattern is introduced in Level 2 at the walk and trot, and it advances in Levels 3 and 4. Your horse and his questions will tell you when it is appropriate to add additional elements to your Question Box or start asking for more advanced questions.

*It gives the horse a visual and plays to his instincts as a pattern animal.*

Pat has found the Question Box to be a valuable tool. It gives the horse a visual and plays to his instincts as a pattern animal. Most important, once your horse learns that he can ask you questions, you will have great conversations and enjoy the feeling of a horse that is mentally, emotionally and physically with you.

NOTE: You can also use the Question Box as the center for other patterns, such as the Cloverleaf.



# Problem Solving

## It's Not About The Trailer

by Linda Parelli

***Horses are prey animals, so it should not be surprising that they don't want to get into a metal cave on wheels. We've all seen them forced in there using mechanics, fear, intimidation, drugs and a gang of humans, so there is nothing sweeter than a horse wanting to get in the trailer!***

The fact that horses are so adaptable really works in our favor because it actually doesn't take all that much to convince a horse that the trailer is a safe place to be—but it does take Savvy. The better you are at developing trust, focusing on confidence and using a lateral approach, the more successful you'll be.

### **It's Not About the Trailer—Really, It's Not!**

I've watched Pat loading horses into trailers since 1989. I've seen him do it all over the world, with all kinds of different breeds and even mules. I've seen every ace up his sleeve—as he's often told us, "I've met a lot of horses with a lot of tricks, but never one that has more tricks than me." But all the while he used those savvy techniques to outsmart the horse rather than to force him to do something he was afraid of. You see, underlying all of that was Pat's focus on getting the horse to feel really confident, as opposed to seeing the trailer as less threatening than the human. So you'd think that I'd gotten it, right?

***Even though I knew I didn't have to get the horse in the trailer in that session, I found myself wanting to.***

***And that was all it took for the introverted horses to shut down on me.***

All kidding aside, I was doing pretty well. Since achieving Level 3 in 1992 I'd only had a couple of horses I couldn't load in one session, and overall I was pretty happy and thought I was doing well, until I started doing demos with Pat. You've probably attended one over the past few years where two horses were brought in, and the crowd would vote for which horse they wanted to see Pat play with, and I got the other one. Mostly Pat would get the more extroverted horse, and I got the introverted one. Even though I knew I didn't have to get the horse in the trailer in that session, I found myself wanting to. And that was all it took for the introverted horses to shut down on me.

It took about three of these demos before I realized what I was doing and changed it. Subtly but surely I was focused on having that horse in the trailer, and it really caused some problems. I don't think they were very visible to the audience, because at first they weren't

even visible to me. It was all the other obstacles that gave me the most problems. So I'd wrestle a bit with those, and when we finally got to the trailer, things would somehow work out. But when I really got it, I stopped having trouble, period.

### **Being Present**

One of the most valuable things horses can teach us is to be really, really present where you are, thinking about neither the past nor the future. I think that's why people feel that horses are such great therapy—being with them takes your mind off work and other pressures. But other pressures emerge that are more focused around the horse and your horsemanship—things like "I've got to work on my Level 2 today," "gotta get my Liberty better," "gotta get him in the trailer" and, worse still, "I'm never going to get my Level 3!"

The moment you have a goal, the tendency to get direct-line in your thinking and approach is very pronounced. Being predators ourselves, this comes easily. The natural horsemanship we've developed is all about learning how to overcome those tendencies so we are more acceptable to horses. Many students hit the big wall right around that advanced Level 2–3 point; they want that Level 3 green string so badly that they don't even notice the principles leaking out the side. As Pat has so eloquently put it in Principle #8 of the Eight Principles, "Principles, purpose and time are the tools of teaching," and what this means is that anything is possible as long as you set the goal and allow the horse to be in charge of the principles and timelines. As soon as you set a time frame, the pressure is on, and you inadvertently find yourself pushing yourself and your horse in ways that you never would have imagined before. I'll bet some of you are coming up hard against that right now, because you want to finish your level before the end of December! Hmmm, I wonder what your horse is thinking about that. Probably something like "What has come over you? What can be more important than the relationship you've built with me? I want the other you back!"

Being 100% present is an enormous discipline. Can you be focused on what you are doing with your horse right now, and nothing else? Can you go to the trailer and play with it like a toy and not have one thought about wanting him to get in, even if you are asking him to

try getting in? This is what I learned about three years ago, when I could finally go to the tarp or the ball or the barrels and not be thinking about putting the horse in the trailer. All of a sudden I was able to play the game, and my demo horses started to want to do things. Their curiosity came up because they began to really trust me—because my thoughts were finally pure.

### Parelli Patterns

This is probably going to be the most powerful tool to help you to stay pure in your thoughts, because you'll have things to do with your horse that build the relationship and skills, plus improve you as a leader in the eyes of your horse. Playing with the trailer as a toy actually doesn't appear until well into the Level 2 On Line Patterns, which is also a great ploy. You'll have a lot in place before you get to the trailer. And then guess what? You won't be putting your horse in the trailer; you'll be doing Patterns around it for seven sessions in a row. Can you imagine how different the experience is going to be for your horse?

He's going to be blown away that you don't actually want him to get in, but to do all these other things instead. That builds trust like you cannot believe. So here we are. It's not about the trailer; it's about trust.

### Horsenality™

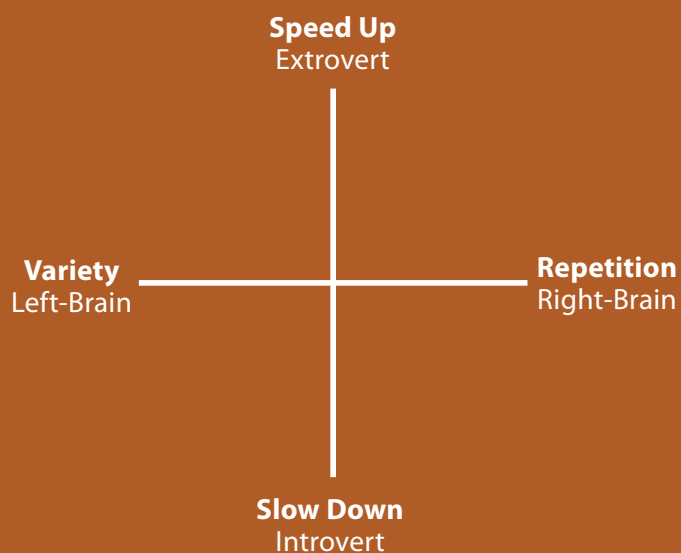
Knowing your horse's Horsenality is critical to having the right approach. It doesn't matter how good your technique is if you don't know that you should go slower or faster, repeat or quit – you'll actually cause your horse to get worse instead of better, because the psychology will be wrong. For example, if your horse is an extrovert, you'll need to do your trailer Patterns with more energy; but if he's an introvert, you'll want to slow it way, way down. If your horse is Left-Brain, you're going to need more variety, but if he's Right-Brain, you're going to need to do a lot of repetition. Take a look at the chart to see how this works when you combine the words on the vertical and horizontal axes for each Horsenality. Example: A Right-Brain Introvert will need you to slow way down and use a lot of repetition.







## Techniques For Your Horse



### What Is It about Again?

It's about the relationship, confidence and leadership. That's it. When you sacrifice your horse's confidence by pushing him when he needs time to think (Right-Brain horse) or ask for discipline when he's feeling energetic and playful (Left-Brain horse), the relationship will suffer, because you will come across like a predator. Learning how to become a great leader for your horse—for any horse—is what you are studying, and that takes a lot of personal development. A couple of stories:

***Being an ex-racehorse, he'd been made to go into trailers and starting gates against his will, and now he was not only difficult to load but also dangerous to ride and even lead.***

### DAMAGED THOROUGHBRED

In the Liberty & Horse Behavior Course (on DVD) you'll see me playing with an emotionally damaged Thoroughbred gelding. He looks like an extrovert, but he goes very introverted, too, grinding

his jaws with his eyes seeming to turn in as he crawls inside to cope with his intense fear. Being an ex-racehorse, he'd been made to go into trailers and starting gates against his will, and now he was not only difficult to load but also dangerous to ride and even lead. It took me about three hours to get his confidence and trust. As much as I'd like to think it might have taken less time if I'd had more toys and no audience, I have a feeling it would still have taken that kind of proof for him to finally trust that I was not going to jam him in. [If you have the Liberty & Horse Behavior DVDs, watch that session again after reading this, and I think you'll see a lot more. He exhibits some different behaviors—extrovert, introvert, Right-Brain, Left-Brain—and it's a great education in reading horses and responding/leading appropriately in that situation.]

#### **LEFT-BRAIN INTROVERT**

A student and one of our faculty members had been trying to load this horse for a couple of hours, and he'd gone from stubborn to overreactive. I was asked to help, and as I watched I quickly saw what was going on: too direct-line and too fast and not the right approach for a Left-Brain Introvert with his toes dug in! Asking a horse who does not want to load (not afraid, just won't!) to load is asking for a fight. So I took him away from the trailer and gave him a cookie. His whole face changed! I asked for a slow and tiny step or two forward and then gave him a cookie. Then I went to the trailer, and when he put the brakes on, I gave him a cookie. Within five minutes he was in the trailer, and shortly after that he was in and out and in and out with a smile on his face and no more need for cookies. It was not about the trailer. He'd decided he wasn't going to do anything for anyone until I found a way to get him to like me and be interested in what I was asking him to do.

***I put the halter on and in the next ten minutes did all the obstacles in the arena. Finally I sat on the trailer ramp and waited, and he loaded himself.***

#### **EXTREME RIGHT-BRAIN INTROVERT**

A few years ago the demo horse I had in Ft. Worth, Texas, was the most extreme Right-Brain Introvert I'd ever encountered. This was before the Horsenality model had been developed, but I already knew quite a bit about introverts, and I'd learned my lesson regarding the trailer-loading part of the demo.

For some reason Pat decided to turn both horses loose and play the Catching Game. My horse took forever because, given the choice, he wanted nothing to do with humans. The first time I went to touch him he visibly braced and held his breath, so I retreated and decided to walk around him to investigate other things and totally ignored



him. This made the first change. Then, as Pat entertained the crowd and was getting his horse through the obstacles, my horse finally decided to follow me, but I still couldn't get permission to touch him. I sat down next to him and just waited. Suddenly Pat's horse came toward us, so I suggested to my horse that we should leave and get out of the way. He followed me, and I sat down again. When we had to move again for the same reason, he was following me so willingly that I started to walk around the tarp and then over it, around the barrels, etc., and he did, too. I sat down again, and finally he let out a big sigh and licked his lips. This took almost an hour of doing nothing! By this time Pat's horse had done almost everything and was walking across the trailer ramp. Oh, well, I thought, if all I get to do is touch this horse by the end of the demo, I'll be thrilled.

Shortly after that, he had a fly or something that was bugging his leg, so I reached over and rubbed him on the leg. He was fine! So I kept rubbing him, but if I got further up his leg, he stiffened. And this was a horse that was being regularly ridden but was hard to catch and bridle and tended to bolt on cross-country jumps. How interesting! I then picked up the halter and 12-foot Line and started rubbing his leg with that. Next thing I had it around his ankle and was teaching him to lead by the leg. It was unsettling for him at first, but then intriguing, so I kept going. When I was able to lead him around by



the leg, he totally let go of his tension, and that was it. I put the halter on and in the next ten minutes did all the obstacles in the arena. Finally I sat on the trailer ramp and waited, and he loaded himself. To this day it remains one of the most enlightening and meaningful things I've ever done with a horse.

The moral of the story? It's *not* about the trailer.

### Become a Horseman

Sometimes we are asked questions like "But what if you have an emergency? You can't take all that time to get your horse in the trailer!" and Pat's reply is "A horseman is always prepared." Playing the Seven Games, doing the Patterns, getting yourself and your horse to Level 2 or above is not just a program you do for fun. It's how you get the Savvy to stay safe, have fun and live your dream with horses. If everyone really took this to heart, the world would be a very different place for horses and the people who love them—not to mention how much your world will change if you can remember that it's not about the trailer, the log, the ditch, the bridge, the saddle, the bit, the jump, the cow, the lead change, the ride, the \_\_\_\_\_ (you fill in the blank). 🐾

*The January 2009 Savvy Club DVD is devoted entirely to Trailer Loading—putting the relationship first and looking at different Horsenalties.*

### Update on Alomas, Thoroughbred from the Liberty and Horse Behavior Trailer Loading

I have been meaning to email you for a while, but I kept forgetting. Anyway, a few weeks ago, when I was playing with Alomas, I decided to try out the trailer, which I had not done for over a year, and that was when I had to move him to a new place. And something ended up falling on the trailer during the drive, so my horses arrived pretty stressed and sweaty. I thought it was going to make him more upset the next time I tried to play with the trailer. So I started out facing the trailer to get him to walk over the ramp, and he put his front feet on and positioned himself to go into the trailer and went halfway in! Then I went off and did a few other things with him and came back, and this time I stood next to the trailer and he walked right in all the way and stood in there for a while! And during the whole session he didn't do any teeth grinding. Well, I just wanted to tell you that, since I thought you'd like to hear that. Definitely a lot different since the trailer demo!! And a lot faster, too! Just wanted to tell you that and THANK YOU for everything. Erin Benzie, Alomas and Javi

## Dunstan Baby Language...

*After nearly a decade of research, one mother's intuition unlocks the code of infant cries.*

Sydney, Australia—13 November, 2006—As announced in an exclusive interview on "The Oprah Winfrey Show," Australian mother Priscilla Dunstan has the world talking with the discovery of the secret language of babies. The Dunstan Baby Language DVD is a breakthrough System that allows parents to understand their baby's needs through specific cries. Learning the System, parents are able to settle their babies faster, resulting in happier, more contented infants who sleep longer and cry less.

This breakthrough in infant care is the result of one mother's intuition that began nearly a decade of investigation and international research. Ultimately it has developed into the recognition of a language shared by all babies regardless of race or gender—a universal language.

For years, many mothers have believed that a baby's cries were more than random noise—that their babies were trying to

communicate. After the birth of her son Tomas, Priscilla Dunstan began to hear distinct patterns in his cries. Initially she thought it was something unique, but once the same sounds could be heard between other mothers and their babies, it became apparent that all babies used these sounds to communicate.

Newborn babies use specific sounds to express their basic needs: hunger, tiredness, need to burp, lower wind and discomfort. Dunstan Baby Language teaches parents how to identify these needs through their infant's cries, enabling parents to respond quickly and effectively.

This knowledge takes the guesswork out of parenting a new baby and helps parents build confidence in their ability to care for their newborn. Now parents around the world are understanding the meaning of their babies' cries and experiencing the benefits of the Dunstan System.

### Availability

The Dunstan Baby Language System is taught through five lessons on an informative DVD set. Each lesson provides the tools to identify specific cries and offers a range of suggested settling techniques. It is available online at [www.dunstanbaby.com](http://www.dunstanbaby.com).

# Q. How do I know if my shim pattern is right?

## A. You AND your horse will feel well balanced!

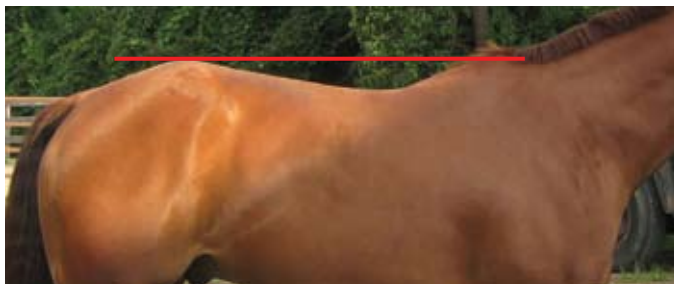
Look creatively at the dips and hollows of your horse's topline profile. Use your shims to fill them under the saddle, while lifting up the front of the saddle enough to keep you on your balance point. You'll be encouraging and enabling your horse's back muscles to come up, his belly to tighten, his front end to be lighter and his powerful hindquarters to come underneath him as he moves. It makes for a smoother ride and a happier partner! If you need help with your shim patterns, please email a profile photo of your horse to: [parellisaddles@parellisaddles.com](mailto:parellisaddles@parellisaddles.com)

The shim patterns that we suggest in these illustrations may seem a bit excessive to you at first glance...but please ask the horses!

The black tabs indicate THICK shims, and the red tabs indicate THIN shims, and these are SUGGESTIONS! Don't be afraid to experiment. Parelli Therashims are constructed of therapeutic felt of a density that compresses "just enough", and seems to invite the horse's body to come up into the support cushion, yet not inhibit movement. They are to be positioned inside the velcro pocket of a Theraflex saddle pad. Our years of dedicated, principled research and testing has proven that they are a vital part of a healthy saddle fit. Our saddles have flexible, very supportive foundations, crafted in revolutionary shapes. We were driven to build them because we could find no good choices "out there." A great pad and shims can help, but only a great saddle can complete the job.



*This Haflinger probably travels in a "downhill" fashion, especially if his saddle and rider weight is forward, conforming to his current shape. We would recommend filling his hollow well with shims, not too far forward in the pad.*



*This Thoroughbred has nice, not-too-high withers, but his back has a dip that is deep enough to force saddle and rider weight onto his front end if the saddle is not shimmed up to give him plenty of room to move those long shoulder blades and re-build topline muscle. The center shim might (or might not) be necessary behind the shoulder shims to prevent "bridging" and/or rubbing at the back of the saddle.*



*Quarter horses are often naturally built "downhill", and must be encouraged to lift their front ends and get their hindquarters underneath them. This horse has obviously been carrying damaging saddles, and has a weak back structure. We would recommend at least 30 days (or more) of hill therapy to strengthen his back before riding with a Parelli saddle + heavy use of shims.*

"THANK YOU for encouraging me to experiment with more shims under my Parelli saddle! My horse tells me that your suggestions increased his comfort and balance (and mine!) still more. I could tell he was enjoying having me move with him that closely...both in one motion for the first time EVER! We were connected and dancing."

### The DVD that explains it!

Including fascinating video illustrating how horses' backs move, what happens underneath saddles ...and why it is so important to accommodate this!

Order your copy at [www.parellisaddles.com](http://www.parellisaddles.com) for only \$5 to cover shipping and handling within USA (\$10 elsewhere)



Parelli Saddles



# Horse Health

by Cynthia McFarland

## Photonic Therapy and Its Benefits in Treating Colic

*The advantages of phototherapy stretch back through the centuries, long before the powers of light had been fully studied and understood. Ancient man revered the sun and believed there was great power connected with its rays.*



Throughout history, various forms of light have been used as a health benefit and to treat disease. As far back as two thousand years ago, sunbathing was routinely prescribed to help patients heal. Light therapy has even been used to treat smallpox and tuberculosis.

By the late 1960s researchers were using low-powered laser light to stimulate acupuncture points. Then, in 1996, Dr. Brian McLaren, a clinical scientist, veterinary surgeon and highly respected acupuncturist in Australia, published research he had done on photonic therapy, a concept of complementary medicine.

McLaren developed the McLaren Photonic Therapy® Torch, which delivers photonic therapy via broad-band 660nm red light to promote healing and aid in pain management by stimulating standard acupuncture points. This pain-free method, sometimes referred to as “red light healing,” produces stimulation at the cellular level without mechanically penetrating the skin. Unlike with lasers, there is no danger using the torch around the eyes, and it does not produce heat.

In layman's terms, photonic therapy is the application of light (gentle red light, not laser light) to specific areas of the skin to

increase electrical conductivity in order to produce particular physiological results. The light energy is transformed into electrical energy by the skin's connective tissue. As the nerves transmit this electrical energy to the brain, the brain releases hormones and chemicals that relieve pain, stimulate the healing process and increase the immune response. Photonic therapy has proved useful for a myriad of equine problems (see sidebar).

Treatment with the Photonic Therapy® Torch, a battery-operated, hand-held device about the size of a small flashlight, consists of stimulating for ten seconds acupuncture points that are specific to the problem at hand, as outlined in the accompanying Treatment Manual® and charts.

Always eager to find natural, effective ways to treat issues with their horses, Linda and Pat Parelli have been using McLaren's Equine Photonic Therapy® Torch for almost seven years. They've found it useful in so many applications that they have made the torch available through their website. An interview with Linda revealed just how versatile the Photonic Therapy® Torch is when it comes to treating colic.

### Can you recall some instances in which you have successfully used photonic therapy for colic symptoms?

**Linda Parelli:** Over the years I've personally known of about eighty-plus colic cases being solved with Photonic Therapy. Most of them were not Parelli horses but students' horses that colicked after a long trailer trip to the Center. Within a couple of days of arriving at our Center the horse would colic, and a frantic student would be asking us to call the vet.

So we would call the vet and then say, "While we are waiting, do you mind if we use this red light on your horse? We've found it really helps."

Within minutes the horse's symptoms would change and even vanish, and by the time the vet arrived the horse would be like his old self, picking at the grass. You would never even know there had been a problem.

### How exactly does the Photonic Torch aid in treating a case of colic?

**Linda:** It works the same as acupuncture, just without needles being inserted. The light penetrates the skin to a measured degree, where it influences specific points on the Chinese meridian system. When you treat colic you touch the stomach, intestinal, liver and emergency points, and the result is amazing.

### Can you use it in conjunction with medication to treat colic, or have you found it eliminates the need for drugs?

**Linda:** I have found that medication is often not needed because the Photonic Therapy® Torch either solves the problems within five

to thirty minutes or it's something else. For example, the only colics I have not seen respond are a couple of cases where the horse turned out to have an impaction or a twisted gut, and this, of course, requires veterinary attention.

### Since colic can potentially be life-threatening, how would you determine if the horse needs to be seen by a vet or go to a clinic?

**Linda:** When you first see a horse writhing with abdominal pain, it's impossible to know if it's gas, indigestion or something as serious as impaction or a twisted gut. But no matter what, I treat the colic points, and then I know what I'm dealing with after thirty minutes. If the horse hasn't recovered, I call the vet.

Most are fixed within two to twenty minutes. In fact, from the moment you treat the first couple of [acupuncture] points you can usually see the horse change. The pain quickly subsides, the horse's breathing slows down, he relaxes and pretty soon he is back to himself again.

### How much training/knowledge does the average horse owner need to successfully use this type of therapy? For example, do you need to know specific acupuncture points?

**Linda:** I don't know how acupuncture works; it's a savvy that is thousands of years old. What I do know is what points to touch. Thanks to the Photonic Therapy system, it's kind of like being an artist

### Photonic Therapy has been used to:

- treat colic pain
- reduce post-operative pain
- control bleeding after surgery
- reduce nervousness, fear and aggression
- reduce adhesions without interfering with wound healing
- stimulate healing in burns, wounds, ulcers, necrosis and gangrene
- treat viral conditions, including herpes
- prevent nausea and vomiting
- treat side effects of chemotherapy and radiation
- treat various disorders, including cardiovascular, chronic respiratory, gastrointestinal, urinary, reproductive, immune-mediated, dermatological, ophthalmological, neurological and endocrine



via the paint-by-numbers concept. I don't have to be artistic to paint that picture, and I didn't have to study acupuncture to help my horse with Photonic Therapy.

**Can people do harm with this form of therapy if they aren't careful?**

**Linda:** I have not experienced that, and you are not doing anything invasive. Acupuncture works by balancing the body. It's very different from medication. I think the worst that can happen is nothing!

**Are recurring bouts of colic a cause for concern?**

**Linda:** Colic can be a very scary thing, especially when we don't know if it's just pain from gas or something a lot more serious. The bottom line is if your horse is having regular bouts of colic, then something is not right. Even if you're offering relief with the torch, you need to look at what might be causing the problem in the first place.

We believe that a healthy, simple, digestible diet and good hydration (as we've outlined in a previous article on our approach) are great preventives. For example, we found that we dramatically cut down colic incidents in our students' horses after extended travel simply by offering them molasses-water hydrations as well as plain water.

The colics among students' horses are almost nil these days, whereas they were a common occurrence before. Thank goodness we had the red light (fond name for Photonic Therapy® Torch) to help, but prevention is always better than cure.

Diet and hydration are crucial, but then there are stress factors. Any time your horse gets stressed, this can affect his digestive system, and that increases the potential for indigestion. The answer here is not to avoid stressful situations, but to get your horse more emotionally fit. That's what the Parelli Program does.

**Have you ever used the "torch" on yourself?**

**Linda:** Some years after we started using Photonic Therapy we were in Australia, and I was finishing the first day of a course. I was sitting on my young horse with everyone grouped in a horseshoe shape around me. When we broke, the girl on my right turned her horse away from me (which means the hindquarters were pointed at me), and when she asked her horse to go, he refused and kicked my horse. I was looking the other way, talking to someone, and the next thing I knew, my horse had jumped to the left, and I flew off the right side and landed on the side of my ankle.

The pain was excruciating! Immediately I tried to move my ankle, and I could, so I knew it wasn't broken, but the pain was unbearable. People ran up and asked if I was okay. I said, "Yes, but get me the red light. Just get the red light—fast!" I had to tell people several times before one of our instructors turned up and understood what I meant. Everyone else thought I was calling for an ambulance!

The pain was starting to make me nauseous, but finally someone brought the Photonic Torch, and I stuck it straight on my ankle right where it hurt. The pain began to subside almost immediately. I began to experience relief within thirty seconds. I then put it on the emergency points, and about five minutes later I walked to the classroom with hardly a limp.

At dinner time my ankle started to throb, so we headed to our room, where I treated my ankle and the relevant points again. I slept through the night. The next morning my whole foot was black—I'd forgotten to do the "stop bleeding" point—but I had little to no pain. By day four I was running as if there was nothing wrong.

I had used the torch on horse injuries and seen amazing recoveries, but this was the first time I'd used it on myself for an injury. (I've used it for a lot of other things.) I knew I'd experienced a serious sprain in my ankle that should have taken weeks to recover from, but thanks to the red light, I was functioning less than twenty minutes after the accident and went on each day almost as if nothing had happened. In fact, some people thought I didn't hurt it very badly because I was better so quickly. One look at my foot and you knew it was serious, yet the Photonic Therapy® Torch rallied my body to heal itself, thanks to thousands of years of Chinese research and Dr. McLaren's brilliant invention, made so simple even a blonde could use it! To this day my red light is always close by; it goes everywhere with me. 🐾



# Parelli Essentials

**Parelli Essentials 2lb.  
Holiday Special!**

~~Reg. \$97~~ Sale **\$77**

Members SAVE \$20 on 2lb.  
tub until Dec. 20, 2008  
(While supplies last. USA only.)

## Before... After

Having had so many comments about how different my horse Allure looks these days, I thought it was about time to show the before and after transformation of his physical health.

The 'before' is from five years ago when I first got him. Notice that Allure's mane is coarse, dry and frizzy, and quite bleached out. His coat is an odd orangey-brown-red and he would bleach blond in the summer.

Some of you may also notice the bulge at his throat, this is an enlarged thyroid gland (goiter) and is a contributor to some of his extreme behavior.

The 'after' photo was taken at the 2007 Savvy Conference last September. As you can see his color has changed dramatically and the goiter is virtually gone. His coat is soft and shiny all year long (even winter) and his mane is almost straight.

When I first got Allure we didn't have Essentials. He was on vitamins, minerals and our feeding program. But when I started him on Essentials about 18 months later I saw changes within a week and every year he just looks and feels better and better. This summer he only had a few bleached hairs on his shoulders and tail instead of over his whole body, and his hormonal stability has also changed. This amazing formula of amino acids and herbs is alchemy at its finest. (By the way, Essentials was formulated by the same man who inspired my research on Horsenality.)

Essentials makes you realize that it's not about the nutrition... unless you can utilize those nutrients! Make sure your horse is able to digest the nutrients you're giving him. Learn about the Parelli feeding program by using the Savvy Club website search.

***Essentials - way more than a supplement.***

**BEFORE:**  
Allure in 2003



**AFTER:**  
Allure in 2007



Parelli Essentials helps the horse treat itself from within through the most natural evolutionary process of all, good digestion.  
*Available in the US only*







# Fluidity in Finesse

by Linda Parelli

## Lateral Made Simple (Level 3+)

***The Savvy of Finesse requires you to ride with more precision, poise and feel, and it also gets you to learn how to bend your horse and your body in order to ride the “lateral” movements.***

Lateral movements are when your horse's front feet and hind feet are on different tracks. For example, when your horse moves straight forward, or on a circle, the hind foot hoofprints should be in line with the front foot hoofprints. When you position your horse in a maneuver called “haunches-in”, it causes the hind feet to come off the track made by the front feet so the horse is traveling on two different tracks. There is an element of sideways involved that gives us an easy way to understand why they are called lateral movements.

***Think of the poise, gracefulness, energy and body position you want in your horse and realize that you have to do it first.***

### Fluidity Is Key

Do in your body what you want your horse to do in his body. Think of the poise, gracefulness, energy and body position you want in your horse and realize that you have to do it first. Much like the leader in dancing, you have to set it up so it's clear and easy for your partner to follow. This is the opposite of a Passenger Lesson, where you do what your horse does!

When learning lateral maneuvers, you need to learn how to isolate your hips and legs or your shoulders and arms in order to position your horse's shoulders or hips where you want them.

In the Finesse Patterns DVD you'll see Pat riding shoulder-in, haunches-in and half pass, which is the same as haunches-in but on an imaginary diagonal line. On the following pages you'll see a diagrammatic view of what you and your horse have to do in order to achieve this..

### Success Tips

1. Try it without your horse first. You can do this straddling something like a barrel and gently turning your shoulders without turning your hips, and then turning your hips without turning your shoulders.
2. Don't overdo it! Lateral maneuvers are subtle exercises; you don't need to torture your body or your horse's body. Think about moving only a few inches, not bending your horse's ribs in half, or both of you will get stiff and tense and lose the flow of the stride.
3. Get a step or two, then two or more. If you ask for just a few steps, it makes it easy and non-stressful. Do it slowly, at the walk, and see how little it takes. If this is new to you and your horse, be exceptionally forgiving and be happy with the experiments even if you don't think you're getting it. And do only a few steps so it doesn't turn into a struggle or become difficult.
4. Do it along a fence. Rather than doing this in an open space, walk along a fence or follow a narrow, worn trail so you can visually tell when the hindquarters or shoulders are changing tracks.
5. Use your body more than your hands or legs. If you are using a lot of leg pressure or doing a lot with your reins, this is often a sign of not doing enough in your body. These maneuvers are subtle, and the flexion comes from the middle of your horse's body (Zone 3), not from the reins.
6. Take your time. Finesse cannot be rushed, or you lose relaxation and confidence. It takes time to develop the balance and skills, so take the time it takes. Know also that you might invest a lot of time doing it only at the walk, for weeks or months, before you feel confident and skilled enough to try the trot or canter. Patience is probably the most critical ingredient of developing horsemanship. Learn to become ecstatic with the tiniest pieces of progress, and your horse will love you even more!

■ ■ ■ ■ ■ ■ ■ ■ Horse's Shoulders

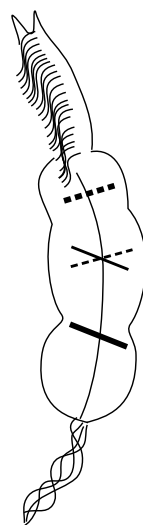
- - - - - Your Shoulders

————— Horse's Hips

————— Your Hips

### The Turn

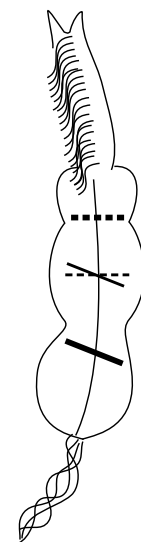
Producing an evenly flexed horse on a turn means you have to turn your own body. Your shoulders go one way, and your hips go the other. Get on your hands and knees and pretend you are a horse. As you crawl forward and to the left, freeze your hip and shoulder positions and then bring your body upright. You'll notice that your hips and shoulders are actually pointing in different directions and that you are bent slightly in the ribs; your right side is more stretched than your left side. (Be careful to not actually lift your outside shoulder; keep the shoulders level).



### Haunches-In

The front end of your horse travels straight while the back end travels a little crooked, but your horse's body is flexed or slightly curved rather than staying straight.

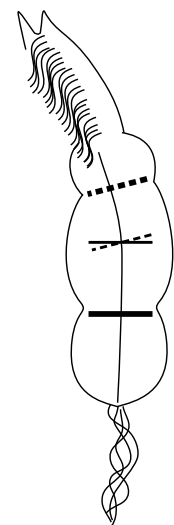
Haunches-In to the left means that your head, shoulders and hands travel straight ahead while your hips travel crooked. Your left hip comes a little forward, and your right hip goes a little back, which positions your legs the same way.



### Shoulder-In

The back end of your horse travels straight while the front end travels crooked and your horse's body is flexed or slightly curved.

Shoulders-In to the left means that your shoulders and hands travel a little crooked (to the inside of the bend) while your hips travel straight. You can focus straight ahead in the direction of travel or look a little inward, the same as your horse, using your peripheral vision to keep moving in the line of travel. Do not pull on your inside rein; simply move both hands a little to the left, which will bring the shoulder over and lighten the contact on the inside rein. 🐾













# Q & A with Linda

*Q: My horse loves when I play with him and can become very exuberant and buck when put into the canter. It is not nasty, but with sheer glee and fun. He continues to circle me and does not pull. When he has the saddle on and he does it, I have been disengaging him and sending him the other way until he canters off calmly, because I don't want him to think that is acceptable when I am riding him. When and where is this exuberance allowed, and at what point do I extinguish it?*

A: The only things acceptable when riding your horse are the things you are able to survive! Allure bucks like no other horse I've ridden—high, wide and handsome, but way too big for me—so I encourage him to play and buck all he likes until he doesn't want to do it anymore, even if I try to provoke him, and then I get on. You have to be able to read whether it is a Right-Brain buck or a Left-Brain buck. Also, is it an extroverted buck or an introverted buck? Here are some thoughts around that.

**Right-Brain Buck**—fear- and panic-related, so it looks frantic. Best solved by driving the horse forward with as much energy as he is putting into the bucking, if not a little more. You redirect the energy by tasking him to accelerate forward. That will stop the bucking better than trying to prevent it, but then you have to figure out what set it off. Right-Brain is fear-related, so this often happens with horses who are not confident with the saddle or cinch/girth. Check it out, solve it on the ground and do not get on until your horse consistently proves that he is no longer tense or afraid.

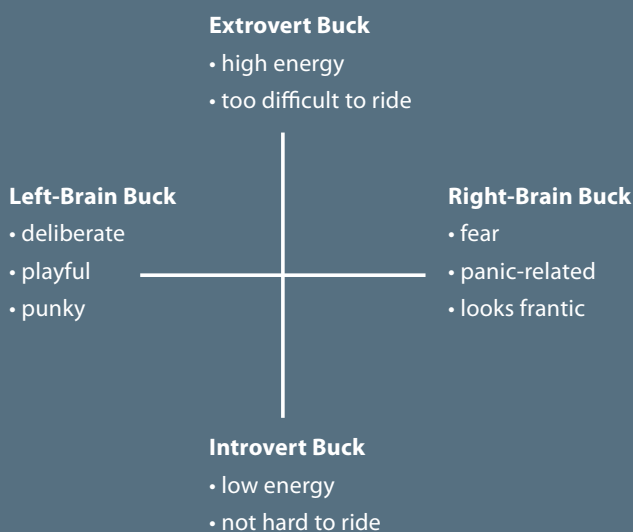
**Left-Brain Buck**—It's deliberate and can be playful or punky. Best solved by entertaining it! If you try to stop it, this can become an argument, and this Horsenality™ will use it to gain the upper hoof. We have a saying called "and then some," which means, "You want to buck? Me too—and then some!" You'll find that pretty soon your horse figures out that he cannot scare or frustrate you, so he stops using that strategy to dominate the situation. Have fun with it—much better than getting mad at him, don't you think?

**Extrovert Buck**—high-energy, usually way too difficult to ride unless you are a professional bronc rider! You definitely want to deal with this on the ground. Best solved by using the energy rather than trying to block it or stop it. You need to get it out of the horse's system. Send him over lots of jumps so he can get in the air with a purpose.

**Introvert Buck**—low energy, usually not hard to ride. An introverted horse bucks because he doesn't want to go forward, and you're trying to make him do it. Usually it's Left-Brain Introverts that buck like this (the Right-Brain Introverts freeze before they explode into a Right-Brain Extrovert form of frantic bucking). The solution lies in psychology to get your horse to want to go forward rather than making him go when he doesn't want to. Horsenality™ and Patterns will help you enormously here.

*It's actually his mind that needs the exercise more than his body; he's just showing it in his body.*

What you described sounds like a Left-Brain Extrovert exuberant buck. I would give him longer lines and get him to play harder. He's telling you that he needs to move, so being conservative or shutting him down is not the answer in both the short and the long run. So go for it on the ground until it's out of his system, and use it constructively, like in an On Line Pattern with Obstacles versus longeing him and even disengaging him on mindless circles. It's actually his mind that needs the exercise more than his body; he's just showing it in his body. If you prepare enough on the ground, he is less likely to buck when you're riding, unless his adrenaline comes up—because of fear or excitement—and then a buck is inevitable. In that split second I would decide how equipped I am as a rider to handle this and either enjoy the ride or get off right now, before the buck, and use the appropriate strategies on the ground. No matter how much we'd like to think that we can teach a horse what is acceptable or not, if we're the cause of it, or we haven't prepared the horse well enough for riding, the inevitable will happen. Let's never forget that we are riding prey animals and not motorbikes, and no matter how logical we are, Mother Nature will prevail. As Savvy horsemen we have to be prepared for the unthinkable in whatever way that will present itself. Principle #2 of the Eight Principles is "Make No Assumptions."



*Q: I have an Arab that has just turned two. Jett is very, very mouthy and went through a biting phase. He has moved past actually using his teeth and is still very mouthy. He mouths absolutely everything—my feet, fences, halters, anything and everything new. The vet and I have ruled out any medical issues. My questions are these: Is there a level of mouthiness that is okay to accept if he's not actually biting, such as when he mouths my feet when I come in his stall or mouths the halter? Can I use any of his mouthiness to my advantage?*

***He got so good at it that he would pick up her cap if it blew off when riding, and he also helped her to saddle him by handing her the pad and the saddle.***

A: Yes! Use it to your advantage. What you are seeing is a Left-Brain Extrovert who has a lot of energy and confidence and a high play drive. The challenge for you is to put this energy to good use rather than to try to make him stop, which is almost impossible. And smacking him won't help the relationship. You will find that he is most mouthy when his feet aren't moving, so I would move those feet a lot.

My horse Allure was really extreme, and when I got him he was quite aggressive. I first made the mistake of trying to groom him before playing with him, but it was like grooming an alligator! So I changed strategies and played with him before grooming him. What a difference! To this day he takes ten times more play than Remmer, and I've really learned how to channel that energy and appreciate just how much he has.

Use the new On Line Patterns to channel your young horse's energy constructively. They will give you a great plan and help you automatically become the leader your horse needs.

Finally, when he's thinking about chewing on the halter or on your feet, it means he's calling the shots. I'd drive him around and away until the look on his face changes—gets sweeter and less mischievous—and then halter him. On another note, I know a girl in Australia who took Pat's advice to use her horse's obvious talent with his mouth, and she taught him to pick things up and hand them to her. He got so good at it that he would pick up her cap if it blew off when riding, and he also helped her to saddle him by handing her the pad and the saddle! 🐾

## Spot the Savvy!

### ANSWERS:

- In Picture 1, notice the horse's high head, brace neck and pulling against pressure of the rope. Pat is in a power position and not pulling on the rope, just holding.

- In Picture 2, notice Pat's open hand on rope, slack in the rope; horse's head is lower and more relaxed. Note that Pat has released to the timing of the horse's right hind leg coming forward, and that he has released with more than just his hand; his body/energy is softer, and his eyes have disengaged.



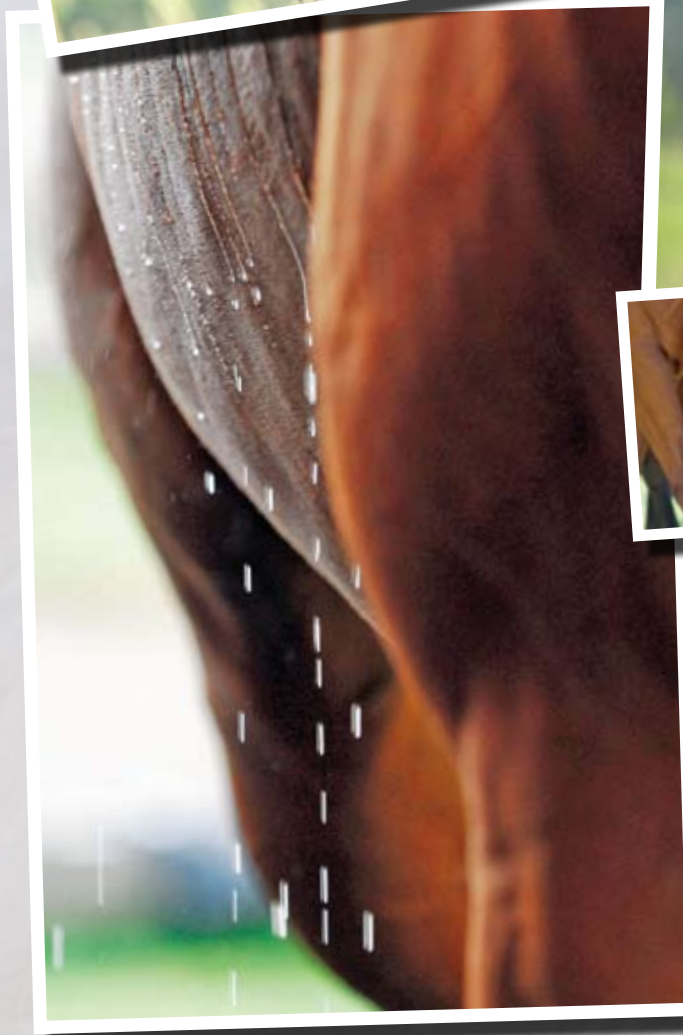
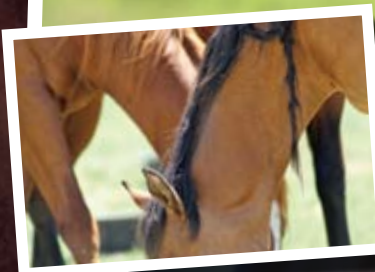


# No Matter Where We Go There We Are

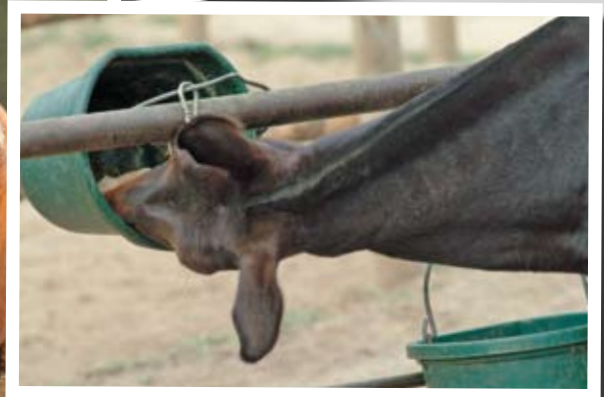
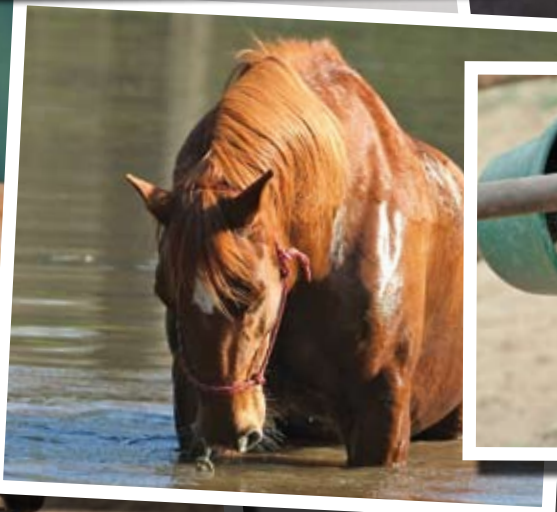
by Parelli Photographer, Coco



*...And into  
our human hearts  
—they do creep...  
—Coco*











I'll admit it, I was hesitant to try the Cradle bridle at first, but I finally decided to trust the system and see what my horse thought. My horse, a fourteen-year-old Right-Brain Extrovert Morgan who was trained as a Western pleasure horse in his previous life, has many assumptions and fears about bits in general, as they'd only been used to attempt to slow him down in the past. I'd had mild success with the snaffle and Confidence bits, but he pulls the bit way up in his mouth when he gets emotional. He would do this even on the ground with both snaffles, as if they didn't fit in his mouth. He even held the bit between his hook teeth as a defensive mechanism. I tried lots of slow, friendly, fluid rein with him, but progress was very slow.

*I literally feel that I am cradling his whole head in my hands, and the changes in him are nothing short of incredible.*

I borrowed a C1 from a friend, and the difference on the ground was immediate. He held his mouth closed and soft, with none of the displaced behavior I'd seen with the snaffles before. It took several rides to really see the difference in the saddle, because of the emotional baggage and preconceived notions he has, but by the fourth ride his mouth was quiet, he was stretching into the bit (a first!) and he remained emotionally calm whether I had contact or not. I even had to shut him down a time or two, and he did not get anxious! I literally feel that I am cradling his whole head in my hands, and the changes in him are nothing short of incredible. I am amazed at how effective this "gadget-looking" tool is at helping me to calm my sensitive, emotional horse... I had to feel it to believe it! I will be purchasing my own this week. Thank you to Pat and the Mylers!

—Nichole

For more information visit [www.parelli.com](http://www.parelli.com)

*Cradle Bridle*

# Savvy Club

## Letter from Dunebuggy

Hello, everyone. Dunebuggy here.

For those of you who have been with us for a while, you know that we've been working on some big changes in the Savvy Club website. It's a lot to take in, a lot to process, and a lot to wait for. So this is a note to share what we've done, to let you know what's in store for the future and to invite any feedback, suggestions or comments that you have to offer (and yes, I read everything you send me)!

What have we been up to? In August we revealed the Savvy Club website's first facelift to coincide with the Celebration at the NEC. We removed the "My Journey" portion and replaced it with a filing system to make finding information easier and simpler; we added the first draft of the new 2009 self-assessments; and we added a theory section with excerpts from the original Levels packs (of the VHS era). Some of you were floored by the amount of information that we had available on the site. In truth, nothing really new was added, but you had to dig to find the information before. Phew, step in the right direction!

By September we had added the Smart Seven series, Horsenality™ demonstrations from the 2007 Savvy Conference, the Zeus series and Caton playing with Casper. We found out that those of you on dial-up were going to have problems with our plans. We've heard you. We're researching it, and I promise you that we will find a solution. And the crowning jewel of September? We added a search button powered by Google to make finding answers, support and inspiration way easier. To date, what can you find? A hundred video clips, 175 PDF files, and 2,500 Questions & Answers (and counting). It's only a start. We've got plans for 2009.

On to 2009! By January both the self-assessments and the Levels Audition formats will be finalized and will be available via the website, complete with video clips of what everything is supposed to look like. We are expecting that we won't give you all the answers to all your questions, so your feedback will be crucial in helping us help you move forward. We'll be adding new video clips to the website constantly, with the goal of adding 1,500 hours of video per year. That quantity of footage is something that will require time and technology to kick in before it comes to fruition, but we thought it would be nice for everyone to know where we are heading. Also, beginning in January 2009, the Savvy Club DVDs will be translated into French, German, Italian and Spanish. That means that Savvy Club DVDs will have subtitles (English also an option) and we will also make translated versions of the Savvy Times available via the website (*nota bene*: there will be a delay for the translated version of the magazine). Finally, we do have ideas that we are working on for next year, though we have not committed to a ready date. Those are Pat's infamous "Savvy Tube," Theory Assessments, online electronic video assessments and (cross your fingers that we can get the license for it) a European Member Locator. Wow, do we have huge goals!

As a last thought, on the following page is a sample of the requests and suggestions that Parelli receives on a daily basis. We read them. We listen, and we're working on a solution for everything mentioned on this page. Please keep your ideas, feedback and comments coming. We love them! Have questions? We love them, too. Pat and Linda's dream for the Savvy Club is for it to be your never-ending support system. We'd like to believe that we are well on our way, but we still need your help to get there. Thanks for sharing the journey with us!

Yours Naturally,  
Dunebuggy (Savvy Club Forum)  
membersupport@parelli.com



## Sample of the Requests and Suggestions

*"I have noticed that more and more children are being taught Parelli by their parents or family members. It would be nice to have a DVD or series that would include lessons for kids, such as safety tips, games kids could play and other items geared toward children and horses—maybe having kids in the demo."*

*"Those of us who could be termed advanced amateurs are hoping that you will develop more things for us."*

*"I would like to see how to train or handle foals from birth to two years, the non-riding years."*

*"To overcome behavior issues without leaving the saddle—this is something I would like to see."*

*"I was just wondering if there will be a way for us folks that still live out in the boonies to have painfully slow dial-up to access videos."*

*"I am aware that both Pat and Linda are currently receiving instruction from Walter Zetl. I think it would be really interesting for us students to see Pat and Linda as students in a learning situation."*

*"When you demonstrate the various tasks, do it using horses in each quadrant of the Horsenality chart."*

*"I think it would be fantastic to have a video blog of the transformation of a horse/human relationship."*

*"At some time, could Pat address if gaited horses should be treated any differently from trotting horses? Some of us have them."*

*"Did I actually see the 'm' word (mules)...finally?!!!"*

*"I would love to see some truly extreme horses/Horsenalties instead of the usual semi-common problems on DVDs."*

*"I love the new RFDTV format!!"*

*"How about multiple user logins for the Savvy Club website?"*

# Savvy Club Update

## Features To Love

Are you new to the Savvy Club? Check out the Members' Forum, Chat Rooms, video clips, articles, Q&As, and search feature on the Savvy Club Homepage. With more than 3,000 solutions to help you along your journey, we're hoping that you find the never-ending support that you deserve! Stumped and can't find an answer to your question? Email [membersupport@parelli.com](mailto:membersupport@parelli.com) and we'll get one for you!

## Random Savvy Club Facts

Which Horsenality does Member Support receive the most questions about? Left-Brain Introvert.

What is the most common problem that people seek support for via Member Support? Herd Bound Issues.

What were the top three searches on the Savvy Club in September? 1) Patterns. 2) Bucking. 3) Catching.

## CELEBRATIONS! - Don't Forget Your Passport OR Journal & Membership Card

Along with your tickets to the 2009 Celebrations, don't forget your Parelli Passport/Journal and membership card. Your Passport/Journal can be stamped at the Savvy Club booth with a unique stamp at every Celebration to document your journey! Your card will be swiped to add your 25% discount to your purchases at the show. Lost your card? Be sure to have a record of your member number.



## We Want to Hear from You

As we integrate the Levels program into the Savvy Club, we need your help now more than ever.

This is your Club, and we need your feedback! What elements of the Savvy Club do you like? What do you want to see more of? What will help you in your journey?



Please send any and all ideas- we are ready and listening!

Mail can be sent to: Parelli Natural Horsemanship, Attn: Savvy Times, PO Box 3729, Pagosa Springs, CO 81147, or you can e-mail [savvyclub@parelli.com](mailto:savvyclub@parelli.com).

## Stay in Touch with Parelli e-News

Parelli e-News is our official weekly newsletter. Find out about special offers; get Tour updates, TV programming news, new releases, tips and more.

Call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.) to update your e-mail information with us, or you can do it yourself on the Savvy Club site at [www.parellisavvyclub.com](http://www.parellisavvyclub.com) to have e-News conveniently delivered to your inbox. Some e-mail programs have spam blockers that prevent delivery. Don't worry! You can view e-News each week from the link on the [www.parelli.com](http://www.parelli.com) home page.

## Members Receive 25% Off!

Members receive 25% off all Parelli education and equipment! This offer applies whether you order on the web, call us by phone or make a purchase at an event. (Note: Parelli Center course discount is 35%). When completing an order in the Parelli Web

Shop, make sure that the system has recognized you as a Savvy Club member. When you are properly recognized, the upper right-hand corner will say "Welcome (your user name). You are a Savvy Club member."

The login page explains the steps you need to take to make sure you are recognized. If you have followed all of the steps and still have problems, please e-mail [savvyclub@parelli.com](mailto:savvyclub@parelli.com) or call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.).

## Savvy Club Website - New Updates!

We promised never ending support for both you and your horse and we're always looking for more and more ways to provide it!

We'll be implementing changes in the Savvy Club website on an ongoing basis over the coming months, they include:

- "Ask Pat & Linda" Search Feature
- More article and theory archives
- New Levels Self Assessment
- New Videos
- Past RFD-TV Shows

Have you been to [parellisavvyclub.com](http://parellisavvyclub.com) lately? Check it out!





# Pat's Performance Barn

***What does it take to live and work with Pat at his Performance Barn?***

***Meet three of his students who have accepted the challenge!***

**Where are you from?**

**Amy:** I am from a small town called Durham, CA.

**Jody:** A lot of places, but I've always considered New England to be home.

**Mollie:** Langford, New York.

Assistant to Senior Management." It was a bonus to find out that the position was not only in Pat's Performance Barn, but also working directly for Pat. I have spent lots of time with Pat in the past six years that I've been involved in Parelli. I was a University student for a year while Pat was still leading that. I worked in a position where I documented all of Pat's classes, and lastly (before this role) I was in the protégé program in 2007. When this opportunity arose I was really excited to be a part of supporting Pat and freeing him up to focus on being a visionary and leading all of us into the future of horsemanship.

**Mollie:** My desire came from just purely wanting to be closer to the source of it all. Prior to coming to the barn, I had already spent over a year on the Tour Team and six months looking after the health of ranch horses. I caught the fever and knew this was a special place to be and wanted to be even more immersed.

***The opportunity to spend time with Pat and Linda is priceless; their ability to share knowledge and develop people and horses is like no other.***

**What is it like working at Pat's Performance Barn? What kinds of things do you do, and what have you learned?**

**Amy:** It is different every day. The one thing that is consistent is change. My job is to help develop the horses. I also get to go on tour, help with the Savvy Club filming and do whatever else needs to be done around the barn. I have learned loads of things here, but what I am really learning is to do prior and proper preparation for things, especially life.

**Jody:** Fun, inspiring, challenging, safe, educational, progressive and so on. I do a lot of things related to the theme of making the reality of what's going on at the barn transparent to Pat at a glance. And on the flip side, I work to make Pat's vision for the barn transparent to the team. I also interface with other departments in the Parelli organization, as well as outside contacts, on Pat's behalf. I have learned that a position within Parelli that is not hands-on horsemanship requires and teaches the same principles as one that is. The idea of putting the relationship first—with whomever and whatever situation I'm in—and a consciousness of never ending self-improvement will be the cornerstones for my career.

**Mollie:** It's a great environment to work, learn and grow in! My role at the barn is Horse Husbandry. I look after the horse health aspect of



**What made you want to apply to work at Pat's Performance Barn?**

**Amy:** I wanted to become the best horsewoman I possibly could.

**Jody:** I didn't. I responded to an ad on eNews that said "Personal



Mollie



Jody

Pat and Linda's super horses, which includes nutrition, daily care, injury care, farrier, veterinary and dentistry needs and keeping records on each horse. I also oversee aspects of grooming and saddling. The opportunity to spend time with Pat and Linda is priceless; their ability to share knowledge and develop people and horses is like no other.

***Being around people and horses takes plenty of growth; I'm on the journey of never ending self-improvement.***

**What have you discovered about yourself that you didn't expect?**

**Amy:** I can get up earlier in the morning than I ever thought possible! But really I feel that I have found out I have more patience with myself than before. I am the type of person that does not like to get things wrong, and I can be a bit hard on myself.

**Jody:** This is my first role with Parelli that is not focused on horsemanship. I hoped I would take to it just as naturally, but I can't say I expected a result one way or another. I have happily discovered that I find just as much fulfillment and perhaps have even more aptitude for this position than for one with the horses. Although it does help that I get to see, smell and touch them daily!

**Mollie:** Just how much I love to learn. It's addictive when you are learning about things you are truly passionate about—horse and human behavior. Being around people and horses takes plenty of growth; I'm on the journey of never ending self-improvement.

**What are your goals for the future?**

**Amy:** Someday I would love to compete. I am really competitive, and I think it would be fun to help bring the Parelli name to the competition world.

**Jody:** "Good, better, best, never let it rest, get my good better, and my better best!" Seriously, there's not much more that I can say. I'm doing my dream job. I hope to just keep doing it better every day and shaking hands with opportunities as they arise.

**Mollie:** Parelli Professional specializing in foal handling, foundation and English performance. I would love to go back to New York one day and develop horses and people. I grew up showing horses on a local level and then went on to showing Arabian and Half Arabian National Show Horses in the 'A'-rated circuit. I'd like to share Pat's foundation and vision with that industry to create calmer, smarter, braver horses. I also have a big interest in horse health. Continuing my learning and ability to care for horses naturally is important to me as well. 🐾



# What a Feeling!

by Neil Pye

*It is August 9th 9.39am at the NEC, Birmingham, England, and the start of the world's largest Natural Horsemanship Celebration is still to happen—enough reason for the team that has spent months in preparation for this event to be in a panic—but a quick glance at the crew shows anything but. In fact, smiles are everywhere.*



With nearly four thousand people already seated and another two thousand still making their way to their seats, it seemed everyone was more than happy to run a little late in order to accommodate this huge crowd.

Within a few minutes everyone was where they needed to be, and then Sue Shoemark took a deep breath and said go!

The house lights dimmed and the music grew louder. All eyes were trained on the black curtain, where plumes of smoke and mist swirled, and a lighting and effects sequence befitting a Rolling Stones concert filled the arena.

In a moment, down both sides of the arena came running forty Parelli Professionals from all parts of the world, leading the crowd in a





hand clap to the beat of "Celebrate good times, come on!" Whoever said that horse lovers in the U.K. were reserved clearly had never been to a Parelli NEC show.

"Ladies and gentlemen, welcome to the 2009 Parelli Natural Horsemanship Celebration. And here they are: Remmer, Aspen, Linda and Pat Parellleeeee!"

In a split second the arena lights burst into full brilliance, allowing Remmer and Aspen to come charging in, never knowing that only a moment before their arena looked more like a rock show than a horse show.

The crowd went wild as the horses, confidently and at a full gallop, circled the arena to be joined by Linda and Pat. Six thousand people







were now on their feet, showing their full appreciation and anticipation of what lay ahead.

Over the next two magical days the crowds were immersed in the philosophy, knowledge and style of sharing that have put Linda and Pat at the forefront of this worldwide movement called Natural Horsemanship.

Through a combination of laughter, drama, excitement and a few tears, the crowd witnessed firsthand how this simple message is causing people the world over to put their relationships with their horses first.

Pat and Linda were masterful in demonstrating, in their unique styles, their recipe of Love, Language and Leadership, as well as showcasing some of their most dedicated students, who had the crowd on their feet in admiration and awe.

It is one thing to see Pat and Linda with their horses—as Pat has been known to declare, “It is okay for me, ‘cause I have never had a real job”—but quite another, and often more profound, when people are able to see students who have committed to this amazing journey of never-ending self-improvement.

The Savvy Team, comprised of Professionals from all parts of Europe and the U.K., had been able to spend five days at Stoneleigh Park with Pat and Linda in preparation for this.

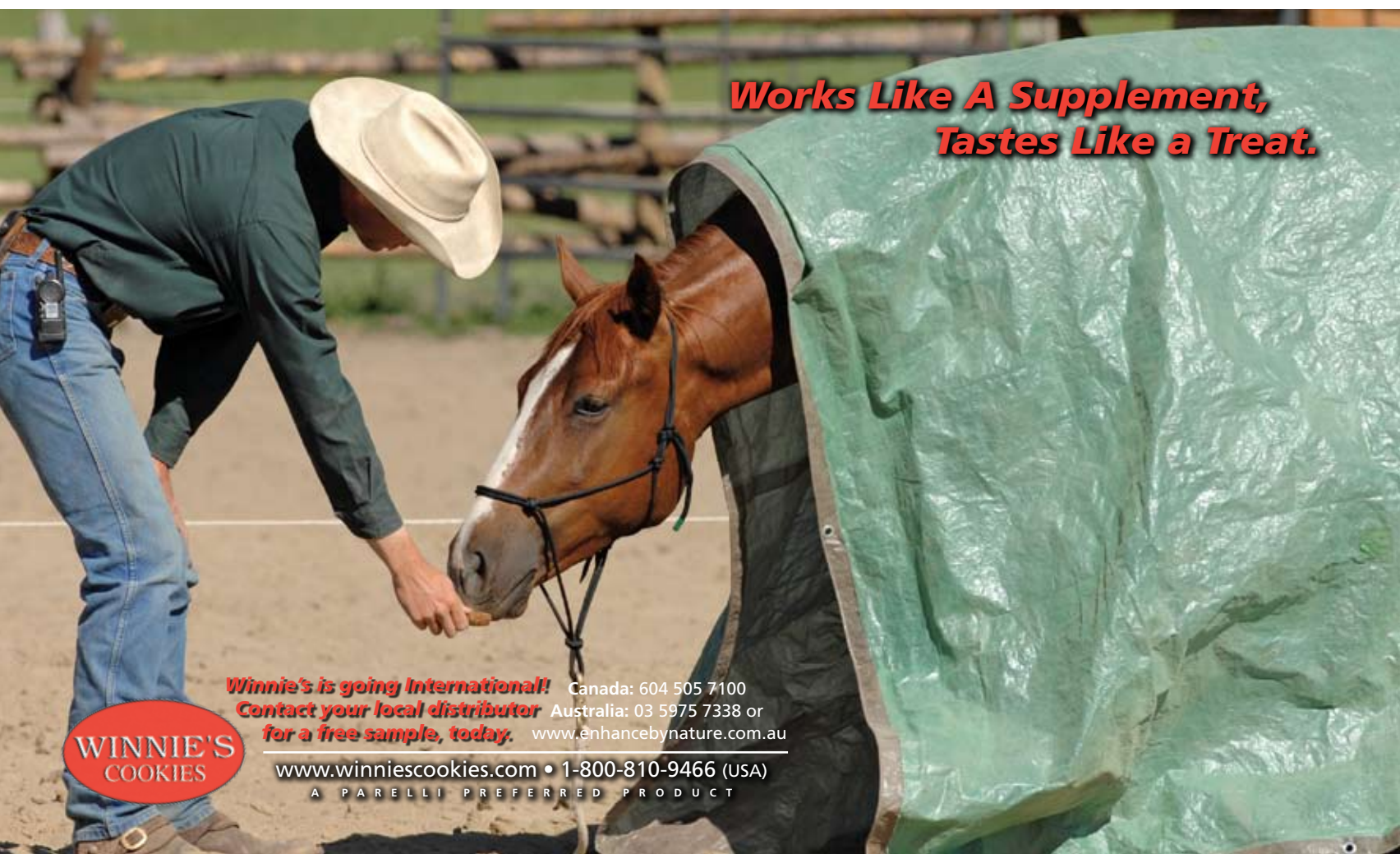


Their demonstrations were certainly some of the highlights of this amazing weekend; they did themselves and Pat and Linda proud.

In fact, many of them, when they were not in the arena as part of the Savvy Team, were found serving customers, restocking or helping out with whatever needed doing to make a success of this event.

How interesting! When people are drawn together by a set of positive, progressive and natural principles, a spirit of cooperation can be achieved that truly does transcend our everyday lives.

I was so proud to be part of a team that, in their hearts, knew that it is *all about the relationship*. 🐾



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# Parelli Centers

# The Harvard of Horsemanship

by Norma Vela

***Along with the rest of you dedicated Savvy Club members, I received the announcement of new courses for 2009 at the Parelli International Study Centers. Of course, I was ready to sign up before I'd even finished reading the e-mail. But I remember Pat's words about prior and proper preparation, and I admit that I had some questions.***

Fortunately, I was able to go to the horse's mouth for my answers: John Baar and his wife and partner, Kathy Baar. This dynamic young couple works as a team to manage the faculty and develop the curriculum at the Parelli Center. And from what I've learned about the changes—as Linda likes to say, "It's going to blow your mind!" (Don't you love when she says that?)

First I had to ask, "Changes? More changes?! *Why?*" The Liberty and Horse Behavior, Fluidity I and Fluidity II courses were amazing. Why change what was working?"

John laughed and reminded me, "Good, better, best. Never let it rest." I finished for him, "Get your good better and your better best. Now answer my question!" John quickly realized he was dealing with a Right-Brain Extrovert with impulsion and confidence issues.

"Remember that the definition of a Parelli attitude is positive, progressive and natural. This is the progressive part." Okay, he made sense. I understood what motivated the changes, but now I needed to understand what the thinking was behind these new courses. Were they responding to feedback from students? Did the faculty have input? Were they integrating the new Parelli Patterns into the courses? Would they still include Liberty and Horse Behavior? Did Pat and Linda have even more new ideas and techniques to include? The answer: All of the above...and then some.

John and Kathy started by gathering tons of feedback from the Parelli Center faculty and students on what has worked in previous courses and where there were still holes for people to get stuck in their learning. Pat and Linda wanted to fill those holes—to give people a way to get unstuck and back on the path to becoming successful. With the introduction of the new Parelli Patterns, it only made sense to align the Parelli Center courses to support Pat's horse development secrets.

Linda also shared information from her research on adult learning with teaching techniques that go well beyond helping a student work through a single challenge or level. Linda's goal is to bring lifelong changes to Parelli students, to help them become fully empowered as learners and as problem solvers. Together Pat and Linda wanted to give people a truer understanding of not only how to read their horses but also their own emotions, to enable them to *keep going* after their time at the Center.

Great! I want to sign up! But there are a *lot* of options, which means a lot of decisions. Kathy beams proudly, because making decisions is all part of the plan. The 2009 courses were conceived to allow students to custom-design their own particular path. You start by selecting the Level and Savvy best suited for your individual horse/human combination. There are courses for Levels 1-2 and



Levels 3-4 within each of the four Savvys: On Line, Liberty, Freestyle and Finesse.

Because "Parelli is way more than riding," there is even a path for students who *don't* ride (physical circumstances, young horses or minis). It's possible to focus entirely in the On Line and Liberty Savvys in all four Levels. A student can make life-changing progress with his or her horsemanship skills without ever getting on the horse's back.

For students who *want* to ride but are managing confidence issues, it's possible to work in Level 3-4 in the On Line and Liberty Savvys with **Advancing Communication** and **The Truth**, and then study Level 1-2 in Freestyle and Finesse with the **Confidence in Riding** and **Moving in Harmony** courses in a four-week package, "I'm on My Way."

Next, the schedule is designed for a broader range of real-life circumstances. Students had asked for shorter time frames, since they could only "escape" for one week or maybe two, but the opportunity remains for students who can manage it to devote four, six or even eight weeks to their passionate pursuit of horsemanship.

Once you've picked your Level and your Savvy, you can also customize *every day* at the Center. Mornings begin with a group class focused on theory and principles. "We will be doing seriously in-depth studies on Horsenalities™—to really burn that knowledge onto the back of everyone's eyelids," says John.

"Still with Linda's incredible simulations?" I add, because I love those.

"Definitely. Then, in the afternoons, each student can sign up for a range of optional workshops in smaller groups, aimed at specific skills within each of the four levels. We'll have a sign-up sheet every day so that you can choose how and where you want to progress and actually custom-fit the course to you and your horse.

"There will also be plenty of time to experiment with what you're learning. Because we'll have two courses running simultaneously, you can share with other students and hear about what they're playing with. You can even choose to spend undemanding time with

your horse (and yourself!) or simply process the incredible amount of information you'll be receiving.

"The other cool thing is that you can take the same course over again, and because of the afternoon workshops, you'll have a completely different experience. It truly is like going to Harvard over and over but taking different classes. Or like taking a cruise but signing up for different tours or entertainment. You honestly *can't* have the same Parelli Center experience twice."

John stressed that they also wanted to give folks clarity in their progression—step-by-step, one concept leading into the next—so that people could truly map their success and the changes they were making.

***Empowerment starts when we start making decisions—and I could see I'd be making a lot of them with this new course structure.***

"Our goal was to align the courses with the new Parelli Patterns concepts from Pat, include the knowledge in the Success Series and Liberty and Horse Behavior, integrate Linda's studies of adult learning and respond to student and faculty feedback to provide a truly life-changing experience for *every* student."

Linda's studies in learning have also contributed to the structure of the day. Linda believes that empowerment is the key to making life-long changes. Empowerment can't happen if people are being micro-managed. Empowerment starts when *we start* making decisions—and I could see I'd be making a lot of them with this new course structure. Hmmm, how interesting!

John stressed that there was definitely a degree of self-development to the program's design, and while no one would be "holding my hand," telling me what to do, I'd definitely have *support* in making those decisions—the seventh Key to Success, by the way!





"Remember, there are prerequisites for each course," John prodded me.

"Right." I pretended I had read that part. "Prerequisites...such as..."

John pretended I had read it, too. "For example, in **Advancing Communication** and **The Truth**, which are Level 3-4 courses, we ask that you have passed your Level 2 ground skills. You can be officially assessed or self-assessed, of course, which we encourage, because it's tough to improve what you don't measure. And that's all an assessment is—a measurement of where you are with your skills and relationship."

"But let's say I feel confident about my skills, I'm familiar with what's included in the assessment and I feel up to the challenge."

"Then come on in!" Kathy smiles her amazing smile, "We trust that people understand how to set themselves up for success by signing up for a class that takes them on to the next step. The faculty will also set you up for success when you choose the daily workshops."

So no official assessment required, I have the *power* to choose the Level, the Savvy and the daily challenge that's right for me, but I'll have *support* in making those decisions. I like this!

Of course, I still had questions—Right-Brain Extrovert, remember? "I see that in **The Language of Horses**, for one, students can bring minis, yearlings, two-year-olds or mature horses to the same course. How is that going to work?"

John is clearly excited. "The afternoon workshops are where we'll divide into smaller groups. People with horses just starting in the program will have workshops designed for their needs and separate from new students in the program with more advanced horses. There's really a path for *everyone*."

"Really?" I pressed. "*Everyone*? There are a lot of cowboy hats, and I'm an English rider. What are you offering in **Natural Performance**, let's just say, that works for *my* discipline?" I asked as I quickly fantasized about one day being in Level 3 or 4.

John and Kathy both were ready with the answer—could it be because John rides Western and Kathy has a giant Warmblood? "That's the great thing about the program that Pat and Linda have created. The mental, emotional and physical fitness that you and your horse learn in Levels 1, 2, 3 and 4 is the *foundation* for any discipline, whether you're reining, cutting, eventing, show-jumping, doing dressage or riding trails safely."

They also emphasized that the Parelli Center courses are very different from a weekend clinic where you work on specific skills as a group, and there is an intention for everyone to be happy and have fun. "We're focused on putting the relationship first. Taking the time it takes. We're focused on empowerment. We're focused on making life-long changes. Pat reminds us that there are ups and downs in every horsemanship journey. There will be times when things aren't pretty, and your emotions will grab you." Yes, I was familiar. I wept through most of my Level 2, trying to get more emotionally fit. "That's when you grow. That's when real change happens...if that's what you're looking for."

I didn't need to dwell. I didn't need to lick or chew. Sign me up.

From the Savvy Club, Success Series, Parelli Patterns and Liberty and Horse Behavior to saddle and bridling information, to local Instructors who can refine your skills, to the Parelli Centers, where students can truly have the experience of a lifetime, Parelli has created the map for *all* of us to reveal our horses, discover our potential, and live our horsemanship dreams! 🐾

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**Parelli Centers**

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**Courses**

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Visit [www.parelli.com](http://www.parelli.com) for course details and applications.

## 2009 COLORADO



### 1-Week Courses:

|                                                              |                                                                         |
|--------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Language of Horses</b><br>(On Line Levels 1&2)            | May 24-29, Jun 14-19, Jun 28-Jul 3,<br>Jul 26-31, Sept 20-25            |
| <b>Natural Attraction to Liberty</b><br>(Liberty Levels 1&2) | May 17-22, Jul 5-10, Aug 2-7,<br>Aug 23-28                              |
| <b>Confidence in Riding</b><br>(Freestyle Levels 1&2)        | May 31-Jun 5, Jul 12-17, Aug 2-7,<br>Aug 9-14, Aug 30-Sept 4, Sept 6-11 |
| <b>Moving in Harmony</b><br>(Finesse Levels 2&3)             | Jun 7-12, Jul 12-17, Aug 9-14,<br>Aug 16-21, Sept 13-18                 |
| <b>Advancing Communication</b><br>(On Line Levels 3&4)       | May 17-22, May 31-Jun 5,<br>Aug 23-28, Sept 20-25                       |
| <b>The Truth</b><br>(Liberty Levels 3&4)                     | Jun 7-12, Jun 21-26,<br>Aug 30-Sept 4                                   |
| <b>Riding with Purpose</b><br>(Freestyle Levels 3&4)         | May 24-29, Jun 14-19, Jun 28-Jul 3,<br>Jul 26-31, Aug 16-21, Sept 6-11  |
| <b>Natural Performance</b><br>(Finesse Levels 3&4)           | Jun 21-26, Jul 5-10, Sept 13-18                                         |

### 4-Week Packages:

|                                                                                                            |                               |
|------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>"Getting To Know My Horse"</b><br>(Study all Four Savvys in Levels 1 & 2)                               | May 17-Jun 12, Jul 26-Aug 21  |
| <b>"I'm On My Way"</b><br>(Study On Line and Liberty Levels 3 & 4<br>+ Freestyle and Finesse Levels 1 & 2) | Aug 23-Sept 18                |
| <b>"Masterclass"</b><br>(Study all Four Savvys in Levels 3 & 4)                                            | May 31-Jun 26, Aug 23-Sept 18 |

### 8-Week Package:

|                                                                                  |                |
|----------------------------------------------------------------------------------|----------------|
| <b>"Becoming A Horseman"</b><br>(Study all Four Savvys in<br>Levels 1, 2, 3 & 4) | Jul 26-Sept 18 |
|----------------------------------------------------------------------------------|----------------|

## 2009 FLORIDA



### 1-Week Courses:

|                                                              |                                                                                  |
|--------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>Language of Horses</b><br>(On Line Levels 1&2)            | Jan 11-16, Feb 15-20, Mar 8-13,<br>Mar 29-Apr 3, Oct 18-23, Nov 1-6              |
| <b>Natural Attraction to Liberty</b><br>(Liberty Levels 1&2) | Jan 18-23, Feb 8-13, Feb 22-27,<br>Apr 5-10, Oct 25-30                           |
| <b>Confidence in Riding</b><br>(Freestyle Levels 1&2)        | Jan 25-30, Mar 1-6, Mar 15-20,<br>Apr 12-17, Nov 1-6, Nov 22-27,<br>Nov 29-Dec 4 |
| <b>Moving in Harmony</b><br>(Finesse Levels 2&3)             | Feb 1-6, Mar 8-13, Mar 22-27,<br>Nov 8-13, Dec 6-11                              |
| <b>Advancing Communication</b><br>(On Line Levels 3&4)       | Jan 25-30, Feb 8-13, Mar 15-20,<br>Nov 8-13, Nov 15-20                           |
| <b>The Truth</b><br>(Liberty Levels 3&4)                     | Feb 1-6, Feb 15-20, Mar 22-27,<br>Nov 15-20, Nov 22-27                           |
| <b>Riding with Purpose</b><br>(Freestyle Levels 3&4)         | Jan 11-16, Feb 22-27, Mar 29-Apr 3,<br>Apr 12-17, Oct 25-30, Nov 29-Dec 4        |
| <b>Natural Performance</b><br>(Finesse Levels 3&4)           | Jan 18-23, Mar 1-6, Apr 5-10,<br>Oct 18-23, Dec 6-11                             |

### 4-Week Packages:

|                                                                                                            |                                               |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| <b>"Getting To Know My Horse"</b><br>(Study all Four Savvys in Levels 1 & 2)                               | Jan 11-Feb 6, Feb 15-Mar 13,<br>Oct 18-Nov 13 |
| <b>"I'm On My Way"</b><br>(Study On Line and Liberty Levels 3 & 4<br>+ Freestyle and Finesse Levels 1 & 2) | Nov 15-Dec 11                                 |
| <b>"Masterclass"</b><br>(Study all Four Savvys in Levels 3 & 4)                                            | Feb 8-Mar 6, Mar 15-Apr 10<br>Nov 15-Dec 11   |

### 8-Week Package:

|                                                                                  |                                              |
|----------------------------------------------------------------------------------|----------------------------------------------|
| <b>"Becoming A Horseman"</b><br>(Study all Four Savvys in<br>Levels 1, 2, 3 & 4) | Jan 11-Mar 6, Feb 15-Apr 10<br>Oct 18-Dec 11 |
|----------------------------------------------------------------------------------|----------------------------------------------|

## 2009 AUSTRALIA



### 1-Week Courses:

|                                                              |                     |
|--------------------------------------------------------------|---------------------|
| <b>Language of Horses</b><br>(On Line Levels 1&2)            | Mar 22-27           |
| <b>Natural Attraction to Liberty</b><br>(Liberty Levels 1&2) | Oct 4-9             |
| <b>Confidence in Riding</b><br>(Freestyle Levels 1&2)        | Mar 29-Apr 3        |
| <b>Moving in Harmony</b><br>(Finesse Levels 2&3)             | Oct 11-16           |
| <b>Advancing Communication</b><br>(On Line Levels 3&4)       | Apr 5-10, Oct 18-23 |
| <b>The Truth</b><br>(Liberty Levels 3&4)                     | Oct 25-30           |
| <b>Riding with Purpose</b><br>(Freestyle Levels 3&4)         | Apr 12-17, Nov 1-6  |
| <b>Natural Performance</b><br>(Finesse Levels 3&4)           | Nov 8-13            |

### 4-Week Package:

|                                                                 |               |
|-----------------------------------------------------------------|---------------|
| <b>"Masterclass"</b><br>(Study all Four Savvys in Levels 3 & 4) | Oct 18-Nov 13 |
|-----------------------------------------------------------------|---------------|

## 2009 UNITED KINGDOM



### 1-Week Courses:

|                                                              |                                 |
|--------------------------------------------------------------|---------------------------------|
| <b>Language of Horses</b><br>(On Line Levels 1&2)            | May 18-22, Jun 1-5, Jul 20-24   |
| <b>Natural Attraction to Liberty</b><br>(Liberty Levels 1&2) | Jun 8-12                        |
| <b>Confidence in Riding</b><br>(Freestyle Levels 1&2)        | May 25-29, Jun 15-19, Jul 27-31 |
| <b>Moving in Harmony</b><br>(Finesse Levels 2&3)             | Jun 22-26                       |
| <b>Advancing Communication</b><br>(On Line Levels 3&4)       | Aug 3-7, Aug 31-Sep 4           |
| <b>The Truth</b><br>(Liberty Levels 3&4)                     | Aug 10-14                       |
| <b>Riding with Purpose</b><br>(Freestyle Levels 3&4)         | Aug 17-21, Sep 7-11             |
| <b>Natural Performance</b><br>(Finesse Levels 3&4)           | Aug 24-28                       |

### 4-Week Package :

|                                                                              |          |
|------------------------------------------------------------------------------|----------|
| <b>"Getting To Know My Horse"</b><br>(Study all Four Savvys in Levels 1 & 2) | Jun 1-26 |
| <b>"Masterclass"</b><br>(Study all Four Savvys in Levels 3 & 4)              | Aug 3-28 |



# Life at the UK Parelli Center Hey—My Horse Likes Me

by Tim Smith

***Somehow I knew the Parelli instructors were looking at me with eyes wide open as I led my six-year-old 17.2hh chestnut gelding, Lenny, bucking and leaping out of the horsebox. Yes, I had arrived in usual style, and I could see them thinking, "Hey, we're gonna have our work cut out with these guys!"***

During the summer I decided I needed help—well, more to the point, if I was to keep Lenny, we both needed help. A successful show horse, Lenny has always been what you might call high-spirited and has at times led me on a merry dance. A big winner in hand, he won a couple of good classes as a four-year-old before he had a year off to mature. Bringing him back in to work this spring, I was faced with a physically stronger horse that knew how to throw his weight around, and at times his intimidating behavior led me to think it might be time to let someone else have the problems.

A few weeks of ups and downs, discussions with all concerned, from family to trainers and friends—in the end I concluded I didn't want to give up on him. He has talent in abundance, and if I could only get him working with me instead of against me, maybe, just maybe, we could forge a partnership together.

Having attended last year's Parelli two-day celebration at the NEC, followed up by watching a number of Parelli DVDs, I decided to take a few days out of the office, and before I knew it was travelling to Stoneleigh Park, where Parelli U.K. is based, to take part in the Ride Out course.

Met with a warm welcome by Lee Palmer, head of customer relations, I soon had Lenny settled into his stable. I quickly found myself

chatting to the others on the course as we wondered what we had let ourselves in for. All I could say at this stage was that the lunch had been great. I knew, if nothing else, my belly would be full for the next five days, even if the weight loss would go out of the window once again afterward. Meeting in the classroom later in the afternoon, we were fully introduced to the team that would be helping us. I was impressed to learn that heading the course was Kristi Smith, who had flown in from the States just two days earlier, and who had the task of helping the eighteen students progress through the week.

***But I had put myself squarely in the guiding hands of the Parelli team, and if I wasn't to ride, that was fine with me.***

We were given a full introduction to the format of the next five days, and it was clear that there was a possibility that some students would not ride during the week if the team felt it was unsafe for them to do so. As a rider and owner of horses for most of my forty years I could easily have thought, "Why?" But I had put myself squarely in the guiding hands of the Parelli team, and if I wasn't to ride, that was fine with me.

Team-building and getting to know others in the course was the

order of the afternoon, and it was quickly noticeable how warm and open many of those attending were. Some with high-powered jobs, some with difficult horses, some already natural horsemanship converts but *all* with open minds, wanting to improve and learn how to read and understand their horses better. As the only man in the course I was glad to have support from instructor Michael Grohmann, but I soon realized it's not about man or woman—it's about being with like-minded people with similar interests and a willingness to learn.

Well, that's what must have led to the late-night chats around the fire at the campsite as we shared our experiences of the day into the early hours. In fact, when I think about it, being the only male student had loads of advantages—much attention, much caring and—hey, for once I was the joker of the pack.



When during the week one of my contact lenses decided to shoot to the back of my eye, the concern among my fellow students was enormous, and a huge thank you to Parelli student and GP Rachel Hahn, who was kind enough to do what doctors do and sort the painful problem out.

Anyway, I digress—back to the course.

Day one and day two consisted very much of spending time with our horses—a luxury in itself—and playing the Parelli Seven Games—Friendly Game, Porcupine Game, Driving Game, Yo-Yo Game, Circling Game, Sideways Game and Squeeze Game. This allowed the instructors to watch, observe and really understand how we all played with our horses and where everyone had reached in both their training and their relationships with their horses. Having watched Lenny bound down the ramp highly charged and ready to go, I was happy to see how quickly he relaxed as I played the Seven Games with him in the Parelli playground. The playground is a five-acre field with logs, barrels, a bridge, round pens and all manner of fun obstacles to help you have fun with your horse. The energy I put into these sessions was enormous, but the rewards more than made up for the very tired student I was at the end of each day. As Lenny started to connect with me, it was obvious for all to see that I had managed to get him on my side, and we were having fun.

While a number of students were now saddling up to ride in the round pen with just their rope halter and one rein, I was undecided whether I had reached that stage. Turning to Kristi, I asked if I could get on. The reply—had I walked, trotted, cantered and jumped Lenny with his saddle on from the ground? Yes, I replied. Is he relaxed? Welllll, sometimes, I replied. Well, what do you think? At this point I thought I'd leave it for another day. This was only Tuesday, and there were three more days to go, so no rush.

During the hour and a half morning classroom sessions we covered everything from reading our horse's Horsenality™ to impulsion, Fluidity, the stages to take before riding out and so on, all with the aim of leading to a more relaxed, calm focus when actually going for a ride. Throughout the week we also spent time on the seat builder, a sort of hand-pushed horse that helped students gain an insight into the rhythm, the position and the feel they should have when in the saddle. We took part in a number of simulations on the ground with fellow students before we put them in to practice when riding. These all seemed a bit crazy, but it was unbelievable how much they helped when actually on the horse, and they led to a lot of laughter as well.



As day three dawned, I noticed how much I was looking forward to seeing Lenny and having *fun* with him as I walked from my horsebox to the stables across a peaceful Stoneleigh Park. Would I ride today? Well, only if I managed to get him in a positive frame of mind and I was relaxed myself. Yes, I have ridden all my life, show jumped, evented, competed in show and working hunter classes at county level, even competed at the Horse of the Year Show, but I haven't ridden a horse with the energy and spirit that Lenny has in a rope halter and one rein.

***I think the smile on my face probably said it all, but having gone from a very uptight horse that in my last lesson at home felt like it was going to explode to this eager-to-please horse that had tuned in to me, I felt I was on cloud nine.***

We started as usual with the Seven Games. Our progress was quick that day, and I soon found myself saddling up and getting on, having gone through my pre-flight checks. This included mounting from both sides—a good check on fitness levels and quite a task in itself—so I had to laugh to myself when Horsemanship Director Rob McAuliffe, who was looking on, asked if I was struggling with my muscle memory. No, Rob, I thought, I'm just unfit and spending too much time in front of a computer screen.

We started riding in the round pen, a very leisurely walk, no hassle, no stress as we were shown how to change direction, circle, turn and stop with just the one rein. I think the smile on my face probably said it all, but having gone from a very uptight horse that in my last lesson at home felt like it was going to explode to this eager-to-please horse that had tuned in to me, I felt I was on cloud nine. As some of





the more advanced students went into the big arena, I stayed in the round pens, and soon the three of us under the guidance of Kristi, who was also mounted, were playing follow-the-leader and gently trotting along in a relaxed rhythm.

Wow! Did I actually do that? Okay, so I wasn't moving in half pass across a dressage arena, jumping a 1.2-meter fence or tackling some huge water complex on a cross-country course, but I was at one with my horse, and I only had that bit of rope and my horse's brain to work with. Whereas before I was in blissful ignorance and just felt Lenny was difficult, I think, if nothing else, that I was starting to understand him and his needs, not just mine.

With a move to the huge outdoor all-weather arena the following day, the play and concentration continued as we learned how to throw the rope safely from one side of the horse to the other to move diagonally across the arena. "Look up, Tim," came the voice as I nervously went across the middle of the arena, and the slight breeze suddenly seemed to become a hurricane. Phew! I made it! I could finally breathe! Hey, this Parelli lark's really quite fun, and it certainly gets your brain and the old adrenaline working. As our confidence grew and the last day loomed there was great excitement in the camp when Kristi announced we could have two reins—yes, yes, yes! Again starting in the round pen, we all played our way to progressing to the large arena in the playground. We then joined up together for a ride out in single file, all in just our halter and rope. For me it was great fun; for some, highly emotional; and for others, the first time they had ridden out in months.

The five-day journey had sadly come to an end, and with it, a tear-jerking finale in the classroom. It really had been an amazing week! Yes, the week's activity and learning had come to a close, but for Lenny and myself the journey had only just begun, with a new set of goals, thoughts and philosophies that would hopefully bring us closer together over the coming months. Go on, try it—you might even have some *fun*. 🐾

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Yellowstone Boys & Girls Ranch  
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# Meet Pat's Super Horses

## "HOPE-EXPECT-ASK"

stages in a horse's development:

For horses under 6—HOPE

For horses 6–16—EXPECT

For horses over 16—ASK

### Margalena Chex, "Savvy"

**Sex:** Mare

**Date of Birth:** May 23, 2005

**Height:** 15.1hh

**Breed:** American Quarter Horse

Colonel Doc Bar Chex X Margarita Chex

Colonel Doc Bar Chex owned by Atwood Quarter Horses specializes



"Savvy"

in cutting, NRHA & NCHA money earner, NRCHA money earner of over \$31,000. Her grandsire Colonel Freckles is the 1st leading paternal grandsire of reined cow horses.

**Horsenality™:** Right-Brain Extrovert

**Where from:** Atwood Quarter Horses

**Special Features:** Savvy has a very unique quarter horse look—a bit Spanish, a bit exotic and very fancy.

*A super horse is a horse that has got the potential, the looks, the foundation (which is Level 4 in all Four Savvys) and then talent in some performance area.*

### More about "Savvy"

Savvy is a Right-Brain Extrovert with a medium/high spirit. She seems to ask more questions than most horses. Pat says she's not the easiest horse, that she's actually one of the more challenging horses. However, because she asks so many questions and gets very dependable in her responses when her questions get answered, he thinks her potential to be a super horse is very high. A super horse is a horse that has got the potential, the looks, the foundation (which is Level 4 in all Four Savvys) and then talent in some performance area. Pat believes Savvy's strength for performance is going to lie in either cutting or reined cow horse events.

### Liberty Major, "Liberty"

**Sex:** Stallion

**Date of Birth:** May 1, 1991

**Height:** 15hh

**Breed:** American Quarter Horse

Major Bonanza X Sherrys Dee Coy

Major Bonanza is one of the greatest legends of the Quarter Horse industry. He was best known for being an all-around horse and is proven by being a champion halter horse, exceptional sire of many champions, champion of western pleasure and working cow horse.

**Horsenality:** Somewhere between Left-Brain Introvert and Left-Brain Extrovert

**Where From:** Canada

**Special Features:** Liberty is the father of Aspen, Caton's favorite horse. Aspen is also Pat's most recent addition to his demonstrations on tour and at conferences.



Liberty

*He changes leads naturally and has a natural sliding stop, and one of the easiest things in the world for him to do is spin.*

#### **More about Liberty**

Liberty's Horsenality is somewhere between Left-Brain Introvert and Left-Brain Extrovert of just under medium spirit. His talents lie in the area of reining. He changes leads naturally and has a natural sliding stop, and one of the easiest things in the world for him to do is spin. He doesn't have a lot of natural cow in him, but he's learned the skill of cow working. He is seventeen years old now, and he's going to continue to be a great teacher for Caton as a reining and reining cow horse in competitions.

---

#### **Pedro from Ca-lyn, "Zeus"**

**Sex:** Gelding

**Date of Birth:** May 11, 1997

**Height:** 16hh

**Breed:** Friesian

Pilgrim 336 X Lipkje Fan T Suderein

**Horsenality:** Right-Brain Introvert

**Where From:** Demo horse at 2007 Harrisburg, PA tour event

**Special Features:** Great and beautiful Friesian horse presence. Just to look at him is a treat.

*Right now Zeus' specialty, outside of the foundation of the Four Savvys, is driving.*

#### **More about Zeus**

Zeus is a Right-Brain Introvert of medium spirit. Pat says he's one of the best-looking Friesian horses he has ever seen. What Pat really loves about Zeus is that he is a super learner. He loves to learn. Right now Zeus' specialty, outside of the foundation of the Four Savvys, is driving. He's being driven to a competition carriage made by De Lemerij B.V. out of the Netherlands. Zeus is being driven without blinders, and he is going "off the charts" as an excellent driving horse. 🐾



Zeus



*This is a one-of-a-kind-piece of art  
that with each viewing allows me to  
relive each step along the way.*

  
**Parelli  
Awards**  
by Ginny Sue

*When I discovered, literally overnight, how woefully ignorant and underequipped I was to deal with the challenge of raising one small weaning molly mule, I hightailed it to any book, video or clinic that might offer the help I needed. Gaining such a foundation made the Parelli program the final catalyst to kick my development into high gear. My mules—Francis, Gypsy, Maryann and Mr. Kidd—let me know I was on the right (the only) path to understanding and communicating with these marvelous creatures.*

*With the achievement of Level 2 Liberty I got a glimpse of the magic that was yet to come. — Renee*

*(After opening the presentation...)*

*Awards have always been important to me, a measure of self-worth. "Look at me! Look what I have done!" Naturally, when I passed Level 2 I ordered an award to hang with all the others. What I got was anything but. Ginny Sue has crafted an elegant presentation that shows my transformation from normal toward natural. I see the progression of changes in how I now perceive/think/feel toward my mules and the world in general—changes so gradual and subtle as to go unnoticed...until now. This is a one-of-a-kind-piece of art that with each viewing allows me to relive each step along the way. It gleefully shouts, "Look what I've become! Look where I can go!" It now hangs proudly all alone on a previously cluttered wall.*



**For your personalized details and to place an order, Contact GinnySue at:  
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# *How I learned* to put the **Relationship First**

by Jerry Williams

Just because we “own” a horse does not mean we have a relationship with him. Many times what we have is a circumstantial arrangement, not a connection with another living being...



My first teacher and levels horse was a big bay gelding named Kahn. He had no papers or fancy breeding, but he was wise and considered himself the king. In fact, the name Kahn means king or ruler, and he acted like it with both horses and humans. He taught me many things, but one of the biggest lessons I learned from him was about relationships.

So what is a relationship? In the study of human relations there are three levels of relationships: acquaintance, friendship and intimacy. The components of time, interaction and commitment are some of the major factors in the development of any relationship, whether it be with horses or with humans. As you go from acquaintance to friend, the time, interaction and commitment increase, just as when you move from friend to intimate.

***In Parelli language we might refer to the levels of relationship as starting a relationship, developing a relationship and creating a partnership.***

With people there are some who are hard to move from being an acquaintance to being a friend; but once you do move them, the major barrier is down, and they easily allow you into their lives at a deeper level. There are others with whom it is easy to become friends, but they have a barrier that keeps them from letting you in deeper to become an intimate friend. This goes for horses as well as humans. Kahn was the latter; he was very trusting to a point, but there was a barrier that kept me from going deeper.

What does putting the relationship first mean? First off, it means understanding the relationship and knowing what you need to do and who you need to become to allow the relationship to develop. In other words, you must become the partner that your horse needs, not try to change your horse to meet your needs. For different horses that means different things. For some horses it might mean slowing things down and allowing them to build trust in you, whereas my horse Kahn needed me to be a stronger leader while always considering the effect my actions had on him. Whatever Horsenality™ your horse is, always consider what each horse needs.

### **The Start**

Even though I had owned Kahn for several years, our relationship truly began during a period of time when he had injured his leg. I would go to the barn daily to doctor and wrap it, and each day after wrapping it I would allow him to eat grass. I got to the point where I knew the type of grass he liked best, and I would move him around to the grass that he liked. Without knowing it, I was spending undemanding time and moseying with my horse, and a relationship began to develop. Because of the time, interaction and commitment, I began to see him more as a friend than a possession.



*Jerry and Kahn at the Parelli Center in Pagosa Springs, Colorado*

### **One-sided Relationship**

Although I had spent a lot of time with Kahn, we were lacking a way to communicate. I had started the relationship pre-Parelli, but I had no skills in taking the relationship further. This is where the Seven Games began to change how we interacted by giving us a common language. I must say that even though I had committed to the relationship, I don't think Kahn had. I still vividly recall starting Level 1 and both of us learning the Seven Games. I thought I would never get him to back up. I wiggled and wiggled the rope until my arm was tired, but the only things that moved were his eyelashes. He just raised his head and blinked his eyes. He didn't see me as a leader in those first sessions, but as time went on he started to respond to me.

### **Small Changes**

Gradually things began to change. I still recall the first time that I rode him bareback with one rein as a passenger. To me the sun was just a little brighter that day. All we did was walk, but for me it was

transformational. I was committed emotionally to the relationship and wanted to interact more, but he still seemed to go along grudgingly with whatever I wanted. The change in him started when we began to play the Catching Game. I did it all wrong by starting in a large arena, and I was out of breath in the end, but he changed, and by the end of that first session he was coming to me over jumps at Liberty. It was a short time afterward I started to notice that he didn't spook at things as much, and he also started to respect my space and not walk all over me anymore. He started to pay more attention to me, and our relationship began to grow.

### Big Changes

Although our relationship had progressed to a point, I became frustrated when I realized that Kahn still did not trust and respect me beyond a certain point. I knew this because he would never respond to a scratch, and he would never allow me to approach him while he was lying down.

When I tried to scratch him he acted as if I was bothering him. I knew that he had itchy spots because I saw him rubbing himself against a tree so vigorously that the tree shook. Yet over time he let down his guard and let me in by allowing me to scratch him, and this was the first step to breaking down that barrier.

I vividly remember the morning I realized the barrier was gone. I had been in my Parelli University class for around fourteen weeks, and I walked through his pasture every morning to get to class. On several occasions I saw him lying down, but as I approached

he would hop up. This particular morning, as I got closer to him he looked up with a soft eye and acknowledged me but didn't move. At first I wondered what was wrong with him. I was able to rub him all over while he was down, and I was even able to sit on him. From that day forward, if I approached while he was lying down, he would just stay down and let me rub on him. Something major had changed in our relationship. It was at that moment, I believe, that my horse acknowledged me as a horseman and allowed me into his inner circle.

In any human relationship there is an element of common courtesy. We do things without thinking that show mutual respect—things like greetings and agreement that are all part of human interactions in a relationship. What happens when we neglect those things in a human relationship? People feel taken advantage of and unimportant, and the relationship begins to deteriorate. The same thing happens with our horses. If we fail to acknowledge them before catching them and haltering them, if we don't wait for permission to saddle and mount them, our relationships begin to erode. Kahn taught me to be courteous and consider him in all of our interactions by putting our relationship first.

### In the End

When Kahn needed to leave this earth because of his pain and desperation, I wanted him to stay. In the end it was my decision to acknowledge his needs and to put the relationship first by letting him go. I still miss him, but I will always be thankful to him for being the teacher that showed me what putting the relationship first means. 🐾



Jerry and Taz





# Riding For Gold Beijing 2008

by Lauren Barwick

*How do four years of thinking about Beijing 2008 turn into counting the hours?  
It really is amazing how time flies.*



## September 5, 2008

The Canadian team was named today. We have five riders, and only four are allowed to compete in the team portion of the competition. All five will get to do their individual test. Since Maile has been so sick, I was not certain if we would be named to the team. Well, I am happy to say we were named to the team today.

So I have one more day to prepare Maile. Oh, my! No stress about now. . . how do four years of thinking about Beijing 2008 turn into counting the hours? It really is amazing how time flies. I wish I could get many lost moments back and use them more wisely.

To be honest, I have felt very numb over the past week, not want-

ing to think about what could be or how this week would end. With it all being so close, I now feel like I'm ready to explode.

## September 6, 2008

Seeing my name on the board with an actual ride time made me stop in my tracks. Actually, to be honest, I kind of feel like being sick. This does not happen often.

So it is actually going to happen. Maile and I are going to compete at 8:49 a.m. on Sunday the 7th of September. All the worries, stress, paperwork, hours of figuring everything out, looking at stats, vets, horse shows, over-analyzing, re-analyzing, crying, laughing, and



sleepless nights will come down to six minutes in a ring with five judges from around the world.

I am the first Canadian rider to compete. I plan to start us off with a bang! Maile and I had a good training session today—still not her strong self, but man, does she have heart and try. She is so smart, and she wants to do her best for you. It makes me tear up knowing how hard she is trying—especially since I know she isn't feeling 100%. In the morning, whether her legs are wrapped or not, she comes out of the stall with legs that are swollen like logs—no definition at all. Kind of looks like me at the end of the day. I think we are having sympathy pains for each other. So Maile has a daily ritual of standing in the misters with two cold hoses running down her legs. My daily ritual is to try and get my feet elevated. I'm not doing so well at that, but our therapist tries to scare me into being better about it.

### September 8, 2008

This will be short, as I have to get back to watch my teammate compete. Maile is all heart, and all I can do is thank her for the strength she is showing. We scored a 67.6. Four judges had me in the 68s and 69s; however, the fifth judge, from Germany, scored me in the 65s. I placed second!!! It was a solid test, and all the other riders had many mistakes. Their collective marks were better than mine, but they went off course and/or were not accurate. If Maile couldn't go on after today, I would be content. I've given Canada a good start.

It's has been an emotional roller coaster today. I'm going to keep this sweet and simple—TODAY, after eight years of training for this moment, Maile and I won a **silver medal**. It hasn't really set in yet, but I've got the medal around my neck to prove it.

### September 10, 2008

It's 12:30 a.m., so nighttime for me, and I am just getting back from the stable. Maile and I won a **gold medal** tonight in our freestyle. It's amazing, and I'm at a loss for words.

### September 17, 2008

The past three months have consisted of strict quarantine, limited training times, travel to L.A. for more quarantine, flights to Hong Kong via Alaska, traveling fever and three amazing days of competition. This journey has been the ultimate test of physical, emotional and mental fitness for both Maile and me. Maile showed me the depth that a horse's heart can reach. I am still speechless from it. I look forward to being able to share my experiences and feelings with you in the coming months. Thanks for all your good wishes, positive thoughts and support. 🐾



*Lauren & Maile after Maile passed the trot up vet exam*



*Team Test—2nd place finish*



*The journey's just begun!*





# Atwood Ranch

## The Painting of a Picture

by Kalley Krickeberg

*Where we left off last time was at the finale of the Atwood Ranch Open House and the painting of a picture of the future, for the young horses of Atwood Ranch.*



After the Atwood Ranch Open House it seemed a resounding hush fell on the ranch. When all the dust settled from the Parelli tour team packing up their gear and heading down the drive aiming for their next destination on the map, followed by the sound of the roaring engine of Pat and Linda's bus fading into the distance, I knew it was time to re-focus. It was time to get ready for the next chapter we were to write on this journey. It seemed kind of surreal, we have had all these big events we've been attending and preparing for – Tour stops, the 2007 Savvy Conference, and most recently the Atwood Ranch Open House. We had survived all these big events and, if I may

say so myself, quite gracefully. It seemed now was the time, as they say, to get into the "meat and potatoes" of it all.

There comes a time when we are tested. I do not believe it is so much when it is all on the line, but actually when we are preparing for that time. It takes a certain sort of commitment, and discipline. Pat always says; "Practice does not make perfect, only perfect practice makes perfect." This I believe to be true, and when that last tail light faded into the distance I knew that it was time for perfect practicing. We are in the "middle" as they say. Some people enjoy the excitement of the "beginnings" where everything is big and new and shiny, but

may have trouble when that shiny-ness wears off and it gets to the day-to-day grind of putting systems, structure, and communication into place. Some people really do not like beginnings; it is too new and scary and unknown, but love the security of day to day structure and same-ness, the “middle”. Then there are others who love the “ends,” the feeling of completion, accomplishment, and a job well done...or at the very least: survived. I love them all. There is a certain gratification in all of them; it is just a matter of a willingness to change gears...sound familiar? Pat also says, “Take care of your Horsemanship and it will take care of you.” Everyday, to be a good leader for our horse, we have to be willing to change gears in our leadership to accommodate him and where he is on the Horsenal-ity™ chart, and at times we have to be so fluid, it is a moment by moment shift.

On my way home from the Redmond, Oregon tour event, I had six hours of beautiful country and plenty of inspiration fresh from Pat and Linda’s weekend presentation to keep my mind busy thinking about the future. I was thinking about something Pat had told me, and if he told me once, he told me a thousand times; systems and communication are keys in building a good team and help in bringing a plan to fruition. So, on the Young Horse Development side of things, I had to start thinking about building a team. There were 15 yearlings and 60 foals that were ready and waiting for Preschool to start and I needed a team to help with the task. We had a big sale in August that we needed to prepare mares and foals for, not to mention the 2008 Savvy Conference. Over the course of several months, we had several Parelli instructors visit for a length of time and a few Parelli students who came on-board for a few months that helped with the task.

Pat says the first question people ask after they say “Wow!” is “How?” So now we are on to the “how” part of things, the day-to-day process. With the young horses we follow the first two parts of the Parelli Colt Start Skeleton™, (the second two parts involve the actual mounting and riding). The first two parts of the Parelli Colt Start Skeleton goes as follows: accept the human, first as a friend, then as a leader. Then, accept the saddle (or bareback pad) first with the placement, then with the application of the cinch. They are simple words, but have big meaning to a young horse’s life and future.

Once the young horse accepts the human as a friend, the positive learning process can begin. The Seven Games are introduced in the multitude of ways that they can be played. The Seven Games are as important to a young horse’s set of life skills, as it is for human children to learn their A, B, C’s and 1, 2, 3’s. It is how we humans can make sense, function, and thrive in our society. Humans-ville is far different than Horse-ville. In Humans-ville we have ropes, fences, and scary plastic bags that sound like predators in the bush...amongst other things that go against a horse’s nature to accept as a part of

daily life. A horse can get into a lot of trouble with these things and it is our job as humans to help the young horse make sense of his life, and help him become a good puzzle solver that thinks instead of reacts. The Seven Games are pivotal in this process.

Once the young horse has a basic understanding of the Seven games we start giving them small tasks and puzzles to solve. Pat says, “Principles, purpose, and time are the tools of teaching.” So this is where the purpose comes in and ownership of skill starts to take effect. This is also where the picture of the future begins. To me, there is nothing more beautiful than watching and being a part of this process. When the young horses start thinking differently by using their skills, and their language and understanding of life becomes further developed, there is nothing more special in my mind. By comparison, it is like watching a child go from singing their A, B, C’s and 1, 2, 3’s, to reading “See Spot Run” and adding 1+1, to reading novels and doing high school to college level algebra. The best part of all, with either horse or human, once a set of life skills is owned, they should not need their teacher anymore other than for a little support now and again. And this is how we paint the picture of the future – we start it and they finish it. To me it is a beautiful analogy, but it is also serious commitment. Pat says every weekend at the tour events, “Most horses only have a past, very few actually have a future.” With the Parelli Pre School at Atwood Ranch, we hope to do our part in changing that truth, one individual at a time. 🐾





# Linda's Journey

## Setting Goals

by Linda Parelli

*Deciding to be excellent is one thing, but doing what it takes is another. I've been studying with Walter Zettl for two years now, but about a year ago I hit a spot where I had to decide how far I really wanted to go.*



It was becoming increasingly challenging to ride at the level Walter kept guiding me toward. As he often says to me, "Linda, you know why I push you? Because I want you to be the best!" I was caught between wanting to do high-level dressage and actually learning to do it, and it was tough! The demands on my concentration, my skills, my fortitude were starting to be felt, and I found myself thinking about how comfortable and fun it was to be Level 4 in Four Savvys and wondering why I needed to be more than that.

One day I had a meltdown. During my lesson I didn't feel good—not unwell, but just not enjoying it. That was a very strange feeling for me, because I always put my heart and soul into things and make a point of enjoying it, so I wasn't sure what was wrong. I decided I'd think on it overnight and probably have it worked out by morning, and I was not going to let it get me down.

I dropped into the creative office to finish some things with Vonni before going to the house to make dinner and enjoy an evening with

Walter & his wife Heide. Pat came by and said, “Your lesson was great, Remmer was super—what did you think?” I was kind of surprised, because it didn’t feel that great to me, so I told him I wasn’t all that happy with it. “Oh” said Pat. “Okay. I’ll see you at the house.”

Half an hour later I walked into the house. Walter, Heide and Pat were sitting on the couch, and as I walked by, Walter held out his hand and said in his wonderful and kindly way, “Pat tells me you were not happy with your lesson today.” Oh, boy, I wasn’t expecting that. I wanted to deal with this myself, and especially not to have Walter know that I was out of sorts, because it had nothing to do with him! I blubbered some kind of response, but Walter didn’t believe a word of it. He was kind of quiet through dinner, and then as we finished the meal he asked me what was wrong.

For the next two hours I fumbled around trying to explain what happened, which was impossible because I didn’t know what I was feeling. Walter stayed focused and kept trying to help me discover what it was. I felt awful, and pretty soon I was in tears, and I really didn’t know why!

Somehow we found a way to end it, big hugs and kisses, and they went to bed. I left a note under their door on the way to my room because I didn’t want Walter to take any of the blame, and I knew he’d probably have a sleepless night, as he’s so often told me he does when he can’t bring a horse and rider into harmony. He lies awake trying to figure out what he could have done better and what to do the next day to fix it.

***No matter how many reasons and emotions you try to apply to it, that’s really all it is—discomfort. And knowing this gives you strength to go on.***

At about 3 a.m. I realized my problem. I was feeling bad about Remmer, as if I were torturing him. Now, Remmer didn’t act as if I was, but I felt that I was. Suddenly the reason dawned on me. I wasn’t rewarding him the way I usually do when playing with him by myself. And here’s the best part: Walter was constantly rewarding me, but I wasn’t passing that on to Remmer. Yay! I knew exactly what to do the next day. Every time Walter would say “Good! Good!” I would convey that to Remmer. And that’s what I’ve been doing ever since, and I feel much better!

What I was feeling is something I think a lot of people go through in Level 3. It starts to really challenge your attitude and dedication more than anything else, and the temptation to give up gets strong. But this is just when you need to find the strength to persist and get to the breakthrough.

Although my story seems to be more about not rewarding my horse, it really was about hitting my limit and having to do what it takes to get through that uncomfortable time. No matter how

many reasons and emotions you try to apply to it, that’s really all it is—discomfort. And knowing this gives you strength to go on. I can make it through discomfort. It’s really not about giving up, because when you do, it conjures up other emotions—such as feeling like a failure—so you’re not really any better off.

Since my meltdown I’m clearer, more focused and more willing to do what it takes. My whole attitude is different, because I’m ready for it to feel uncomfortable and challenging. If something is not going right for me in the lesson, I talk about it and ask Walter questions until I have a better understanding. I always thought I was a good student, but now I’m a better one. I’ve stopped comparing myself with where I want to be and am really happy with where I am as I continue to learn.

One day it will feel effortless, but right now I’m finding joy in the challenge. Pat has often said there’s a form of abuse that most people don’t consider when it comes to having horses, and that is the unprovocative and non-progressive owner, because it’s so boring for the horse. I’m finding that truth at higher levels now, and Remmer is loving it. 🐾





# A Level 2 Journey - Part 16

by Yvonne Wilcox

***Playing with the Parelli Patterns has, without question, increased my Savvy! I have more strategies at my fingertips than ever before. But something started to happen that was surprising: I forgot to pay attention to Escada's Horsenality™ needs. . .***

## Putting the Relationship First

The new Patterns materials have given me so many new strategies for how to be provocative and progressive for Escada. After only a few sessions in the On Line Figure-8 Pattern, I found Escada looking at me with an expression I'd never seen before. It was like she was saying, "Hey, all of a sudden you seem interesting. What's going on?"

She began to pay more attention to me, asking more questions. She was riveted! I don't think I've ever had so many ideas for things to do. I've watched all Four Savvys from On Line through to Finesse and have found that even though I'm not practicing Finesse yet, I saw things in there that gave me ideas for what to do On Line. For instance, watching Pat perform half pass and "swing the shoulders" in the Finesse DVD gave me a vision of what Escada and I could be doing together one day. So when playing On Line, if Escada would get out of position for what I was asking, but her body happened to be set up for half pass, I would play with that just a little. Plus, when riding Follow the Rail in an arena, I use 360s, 180s and transitions to help Escada if she has any impulsion issues. Knowing all of the Patterns has given me much more confidence in our play sessions.

The Patterns have also saved me from repeating too many of the things I already knew how to do, which was wasting time (something I don't have a lot of to begin with)! It had felt much more comfortable in a play session to do something we knew, rather than bust out and try new things. Now that I see how many new things there are to play with in the Patterns, I can't help but be more progressive!

***I had learned to use all the Left-Brain Introvert strategies, and with a lot of success. I was seeing more interested expressions from Escada than crabby ones.***

But a strange thing began to happen. As I became more focused on our progress, Escada began to lose her happy expression. She's a Left-Brain Introvert and needs to know "what's in it for her" in order to feel enthusiastic about the things we do together.

The introduction of the Horsenality DVD (a year ago) helped me get the ideas for how to help her. I had learned to use all the Left-Brain Introvert strategies, and with a lot of success. I was seeing more interested expressions from Escada than crabby ones. But I had



*When I don't take care of Escada's Left-Brain Introvert needs, she's not shy about showing me how she feels about it! Ears back, swishing tail, bored appearance...*



*I started paying more attention to what Escada needs for her Horsenality: INCENTIVE!*

gotten so excited about progressing with the Patterns that I kind of (unconsciously) let the Horsenality part slip a bit.

When you've witnessed what it's like to have a horse look at you with an "Oh, boy, here she comes!" expression, you really notice when you don't get it. It was very important to me to do what I needed to do to get the relationship back on track. So I began to incorporate more undemanding time, scratches and treats into our sessions. It didn't take long for her happy ears to return.

The pictures below are a dream come true for me! You can see on the left where I'm running away from her, she's getting annoyed because she's not sure what's supposed to happen. But then when I call her from a distance, she knows the pattern is: Run to my beloved human with a happy face and get a scratch on the belly!

Now that I have the balance back—looking after Escada's relationship needs, plus progressing with the Patterns—I feel better again about where we're going. Which brings me to the other part of the Patterns challenge: time.

### Time in a Bottle

At the end of my last journal entry (*Savvy Times*, Aug. 2008 issue) I wrote: Now all Parelli has to give me is TIME IN A BOTTLE! Boy, I wasn't kidding! Or perhaps, rather than getting time in a bottle, I need to get myself organized to get out there and play more.

I have my Patterns maps pinned up next to my bed, so I have to see them at the beginning and end of every day. Instead of putting check marks on the sessions, I've been writing the dates.

Ohhhhh, boy, how revealing that is. Used to be that I could go out

and play one day, and then weeks would pass. I would think it was about two weeks, but it would actually be four weeks!

No wonder my progress is slow. And now I have proof right beside my bed.

My coworkers performed a Savvy intervention on me the other day, pointing out how long my Level 2 journey has been! Believe it or not, this was just the medicine I needed to plan my life better to allow more time with Escada.

Sometimes I'm too tired; sometimes I worry about how dirty I'll get if I have to go somewhere afterward; sometimes I feel unconfident or that I won't have the energy to be who Escada needs me to be. But that kick in the pants from my friends hit just the right note at the right time.

Used to be that all I could do with Escada was lead her around with my arm over her back because I was afraid to ride her. Now I can jump on her bareback anytime, anywhere—we have come a long way! So really, nothing is holding me back now except my attitude. And I do dream of having Level 3 one day. I have just allowed life and work to get in the way.

So what does it take to get out there?

If I feel too tired, I'll just go out and spend undemanding time.

If I worry about getting dirty, I'll just build a bridge and get over that.

If I feel unconfident, I'll take a deep breath and try to remember all the times we've had that proved my confidence.

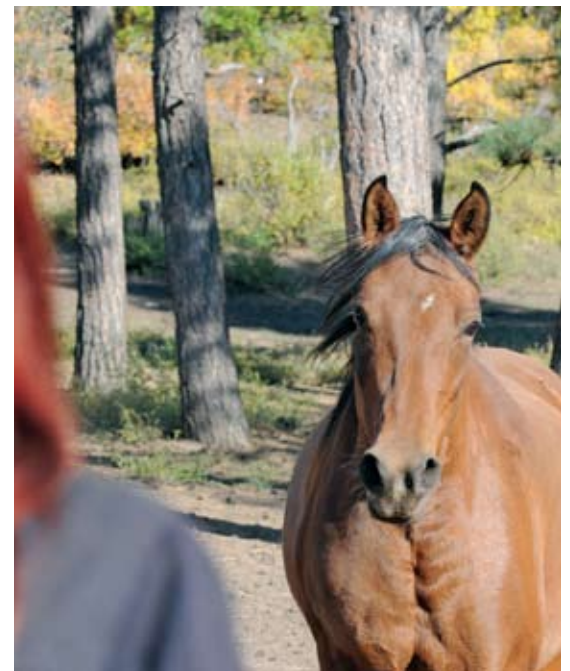
If I don't have the energy to be who Escada needs me to be, I'll think about how much further away Level 3 will be if I don't get out there and see my horse! 🐾



*She loves treats, food, and grazing, but especially loves scratches on her tummy and hindquarters...*

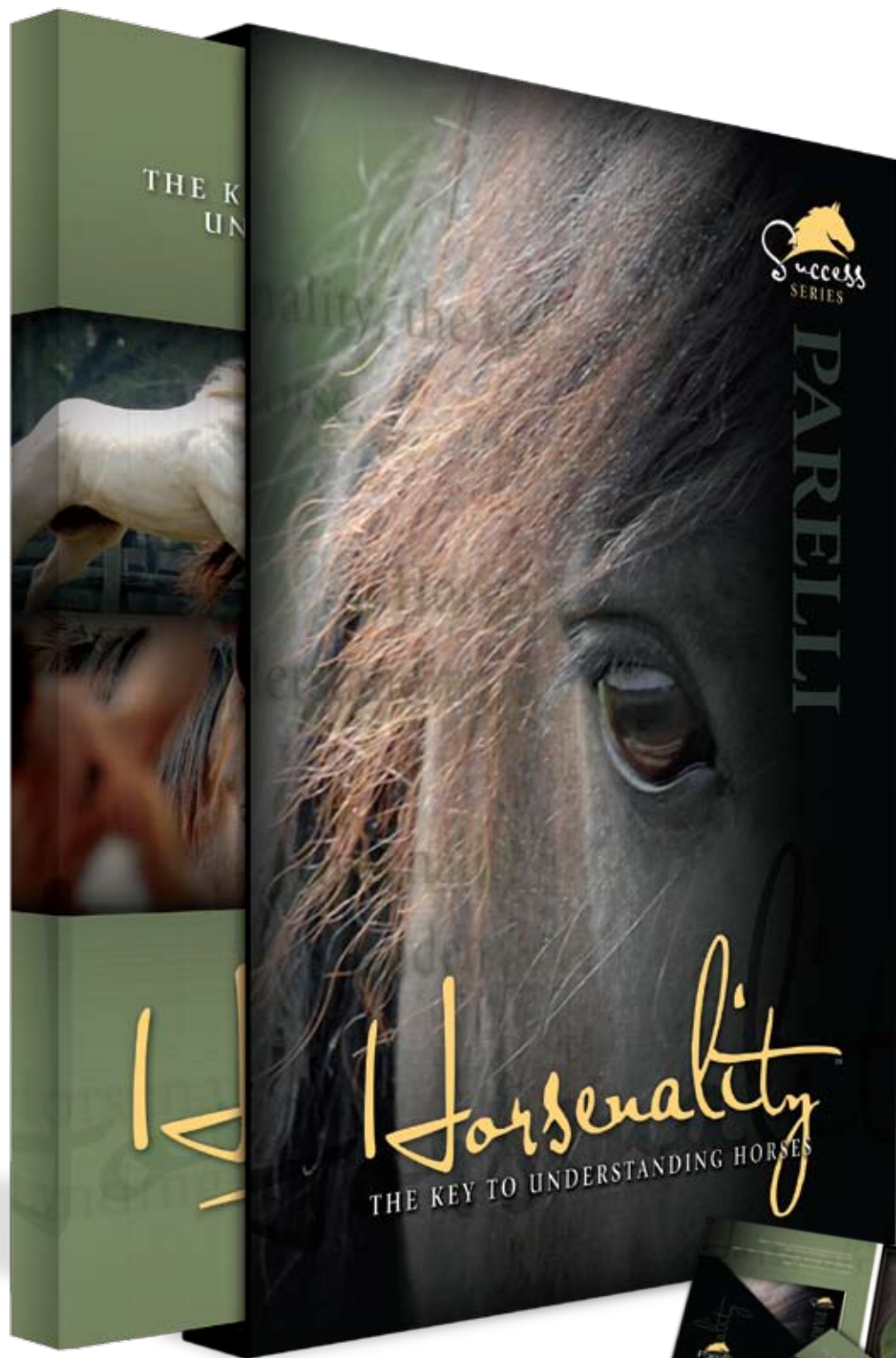


*This expression on her face is what means EVERYTHING to me...*



*She almost doesn't look like a Left-Brain Introvert! More like the "happy little horse picture" at the center of the Horsenality Chart in the On Line Patterns Book!*





*"The Horsenality Chart is one of the best tools I have seen from Parelli. It is so complete, so sophisticated, yet so easy to use. Now I have a way to really feel I am starting in the right place. Please convey my thanks to Linda and Pat for once again giving us a key to unlock the gate to communication with our wonderful partners."—Maggie W.*



*way more than riding*





ON LINE PATTERNS

LIBERTY PATTERNS

FREESTYLE PATTERNS

FINESSE PATTERNS



HORSENALITY, SEVEN GAMES

NATURAL ATTRACTION,  
BEYOND THE ROUND PEN – LIBERTY

SAFE RIDE, FLUIDITY  
CALM RIDE, RIDE OUT

NATURAL COLLECTION,  
NATURAL LEAD CHANGES



GIFT CERTIFICATES



BOOKS



HACKAMORE



PERELLI/MYLER CRADLE BRIDLE



HALTER



12-FOOT LINE



CARROT STICK



HORSE HEALTH



SAVVY STRING



22-FOOT SNAP LINE



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